



Recipe Analysis

Recipe ID: LW008

Description: MEAT LASAGNA

Servings: 96

Serving Size: 8.24 OUNCE

Recipe Source: Live Well

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	23,129.4485	100.0000	240.9318		
Food Energy	kcal	29,481.0264	127.4610	307.0940		
Saturated Fat	g	604.0024	2.6114	6.2917	18.44	
Sodium	mg	78,805.4079	340.7146	820.8897		
Total Trans	g	26.6683	0.1153	0.2778		*
Total Fat	g	1,358.8551	5.8750	14.1547	41.48	
Cholesterol	mg	3,793.7384	16.4022	39.5181		
Carbohydrate	g	2,271.3350	9.8201	23.6597	30.82	
Total Dietary Fiber	g	428.9588	1.8546	4.4683		
Protein	g	2,192.3942	9.4788	22.8374	29.75	
Vitamin A (IU)	IU	142,034.4970	614.0851	1,479.5260		
Vitamin C	mg	2,847.5821	12.3115	29.6623		
Calcium	mg	29,202.6172	126.2573	304.1939		
Iron	mg	391.4890	1.6926	4.0780		
Moisture	g	13,904.5918	60.1164	144.8395		*
Ash	g	404.9273	1.7507	4.2180		*

Trans Fat is displayed for informational purposes only.

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

REPORT CRITERIA:

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