



## Recipe Analysis

**Recipe ID:** LW009

**Description:** TACO MEAT WITH LENTILS

**Servings:** 100

**Serving Size:** 1/2 CUP

**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	10,106.3500	100.0000	101.0635		
Food Energy	kcal	11,392.4033	112.7252	113.9240		
Saturated Fat	g	201.4802	1.9936	2.0148	15.92	
Sodium	mg	22,898.1896	226.5723	228.9819		
Total Trans	g	31.8047	0.3147	0.3180		*
Total Fat	g	533.6961	5.2808	5.3370	42.16	
Cholesterol	mg	2,313.3637	22.8902	23.1336		
Carbohydrate	g	715.5094	7.0798	7.1551	25.12	
Total Dietary Fiber	g	301.6543	2.9848	3.0165		
Protein	g	898.8891	8.8943	8.9889	31.56	
Vitamin A (IU)	IU	40,686.8412	402.5869	406.8684		
Vitamin C	mg	98.2843	0.9725	0.9828		
Calcium	mg	1,831.2908	18.1202	18.3129		
Iron	mg	171.7877	1.6998	1.7179		
Moisture	g	7,060.8722	69.8657	70.6087		*
Ash	g	109.3608	1.0821	1.0936		*

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:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: