



Recipe Analysis

Recipe ID: LW012

Description: SESAME CHICKEN 9-12

Servings: 100

Serving Size: 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	54,114.0535	100.0000	541.1405		
Food Energy	kcal	57,539.5272	106.3301	575.3953		
Saturated Fat	g	262.3449	0.4848	2.6234	4.10	
Sodium	mg	128,298.4683	237.0890	1,282.9847		
Total Trans	g					*
Total Fat	g	1,457.7244	2.6938	14.5772	22.80	
Cholesterol	mg	16,390.2269	30.2883	163.9023		*
Carbohydrate	g	7,645.2876	14.1281	76.4529	53.15	
Total Dietary Fiber	g	649.9098	1.2010	6.4991		
Protein	g	3,240.5119	5.9883	32.4051	22.53	
Vitamin A (IU)	IU	352,609.5536	651.6044	3,526.0955		
Vitamin C	mg	8,621.5592	15.9322	86.2156		
Calcium	mg	11,826.5182	21.8548	118.2652		
Iron	mg	391.6775	0.7238	3.9168		
Moisture	g	33,196.1579	61.3448	331.9616		*
Ash	g	508.9968	0.9406	5.0900		*

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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