



## Recipe Analysis

**Recipe ID:** MV025

**Description:** SWEET N SOUR TOFU 9-12

**Servings:** 20

**Serving Size:** 4 OZ

**Recipe Source:** Boulder Valley School District

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	2,891.7000	100.0000	144.5850		
Food Energy	kcal	2,590.5323	89.5851	129.5266		
Saturated Fat	g	21.5836	0.7464	1.0792	7.50	
Sodium	mg	2,261.4453	78.2047	113.0723		
Total Trans	g					*
Total Fat	g	104.2255	3.6043	5.2113	36.21	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	256.0543	8.8548	12.8027	39.54	
Total Dietary Fiber	g	23.3881	0.8088	1.1694		
Protein	g	205.4206	7.1038	10.2710	31.72	
Vitamin A (IU)	IU	1,583.9431	54.7755	79.1972		
Vitamin C	mg	23.9924	0.8297	1.1996		
Calcium	mg	5,056.2416	174.8536	252.8121		
Iron	mg	42.6179	1.4738	2.1309		
Moisture	g	2,175.4895	75.2322	108.7745		*
Ash	g	25.8142	0.8927	1.2907		*

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: