



Recipe Analysis

Recipe ID: MV028

Description: TOFU CRISPY 9-12

Servings: 50

Serving Size: 1 CUP

Recipe Source: Cook Book

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	7,875.2500	100.0000	157.5050		
Food Energy	kcal	11,160.0483	141.7104	223.2010		
Saturated Fat	g	133.1075	1.6902	2.6621	10.73	
Sodium	mg	14,916.4795	189.4096	298.3296		
Total Trans	g					*
Total Fat	g	964.9780	12.2533	19.2996	77.82	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	189.9904	2.4125	3.7998	6.81	
Total Dietary Fiber	g	61.2379	0.7776	1.2248		
Protein	g	557.2448	7.0759	11.1449	19.97	
Vitamin A (IU)	IU					*
Vitamin C	mg	13.6084	0.1728	0.2722		*
Calcium	mg	13,676.0410	173.6585	273.5208		*
Iron	mg	109.7101	1.3931	2.1942		*
Moisture	g	5,780.0004	73.3945	115.6000		*
Ash	g	68.7194	0.8726	1.3744		*

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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