



Recipe Analysis

Recipe ID: MV431

Description: SANDWICH GF TOASTED CHEESE

Servings: 24

Serving Size: 1 Sandwich

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	3,219.6000	100.0000	134.1500		
Food Energy	kcal	11,430.1788	355.0186	476.2575		
Saturated Fat	g	403.4964	12.5325	16.8123	31.77	
Sodium	mg	13,275.5151	412.3343	553.1465		
Total Trans	g					*
Total Fat	g	682.9255	21.2115	28.4552	53.77	
Cholesterol	mg	2,396.4610	74.4335	99.8525		
Carbohydrate	g	881.5555	27.3809	36.7315	30.85	
Total Dietary Fiber	g	96.0020	2.9818	4.0001		
Protein	g	436.7677	13.5659	18.1987	15.28	
Vitamin A (IU)	IU	19,302.9476	599.5449	804.2895		
Vitamin C	mg	0.0000	0.0000	0.0000		
Calcium	mg	10,825.7988	336.2467	451.0749		
Iron	mg	43.8574	1.3622	1.8274		
Moisture	g	540.7833	16.7966	22.5326		
Ash	g	53.5709	1.6639	2.2321		

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):

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