



## Recipe Analysis

**Recipe ID:** MV432

**Description:** TERIYAKI TOFU BOWL

**Servings:** 100

**Serving Size:** 4 OZ

**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	23,809.1800	100.0000	238.0918		
Food Energy	kcal	23,193.7603	97.4152	231.9376		
Saturated Fat	g	212.1398	0.8910	2.1214	8.23	
Sodium	mg	45,688.5783	191.8948	456.8858		
Total Trans	g					*
Total Fat	g	1,538.7873	6.4630	15.3879	59.71	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,609.9291	6.7618	16.0993	27.76	
Total Dietary Fiber	g	372.7565	1.5656	3.7276		
Protein	g	1,048.2944	4.4029	10.4829	18.08	
Vitamin A (IU)	IU	796,122.3372	3,343.7621	7,961.2234		*
Vitamin C	mg	5,538.4915	23.2620	55.3849		*
Calcium	mg	25,214.0407	105.9005	252.1404		*
Iron	mg	225.1158	0.9455	2.2512		*
Moisture	g	18,570.4461	77.9970	185.7045		*
Ash	g	201.4257	0.8460	2.0143		*

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: