



## Recipe Analysis

**Recipe ID:** PF001

**Description:** GREEK EMPANADAS

**Servings:** 100

**Serving Size:** 1 EMPANADA

**Recipe Source:** Plant Forward

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	15,960.9500	100.0000	159.6095		
Food Energy	kcal	40,325.3721	252.6502	403.2537		
Saturated Fat	g	779.9318	4.8865	7.7993	17.41	
Sodium	mg	76,517.6243	479.4052	765.1762		
Total Trans	g					*
Total Fat	g	2,550.8152	15.9816	25.5082	56.93	
Cholesterol	mg	2,827.9132	17.7177	28.2791		
Carbohydrate	g	3,337.6741	20.9115	33.3767	33.11	
Total Dietary Fiber	g	460.8565	2.8874	4.6086		
Protein	g	1,098.2091	6.8806	10.9821	10.89	
Vitamin A (IU)	IU	281,813.6358	1,765.6445	2,818.1364		*
Vitamin C	mg	904.9699	5.6699	9.0497		*
Calcium	mg	17,647.3521	110.5658	176.4735		*
Iron	mg	133.4176	0.8359	1.3342		*
Moisture	g	5,756.4124	36.0656	57.5641		*
Ash	g	250.6508	1.5704	2.5065		*

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: