



Recipe Analysis

Recipe ID: PF003

Description: SPANAKOPITA GRILLED CHEESE

Servings: 96

Serving Size: 1 SANDWICH

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	26,422.2000	100.0000	275.2313		
Food Energy	kcal	46,147.6670	174.6549	480.7049		
Saturated Fat	g	1,576.4806	5.9665	16.4217	30.75	
Sodium	mg	103,493.9607	391.6932	1,078.0621		
Total Trans	g					*
Total Fat	g	2,545.8847	9.6354	26.5196	49.65	
Cholesterol	mg	8,121.1010	30.7359	84.5948		
Carbohydrate	g	4,017.6540	15.2056	41.8506	34.82	
Total Dietary Fiber	g	708.2999	2.6807	7.3781		
Protein	g	2,020.7963	7.6481	21.0500	17.52	
Vitamin A (IU)	IU	956,512.0174	3,620.1074	9,963.6668		
Vitamin C	mg	2,584.6196	9.7820	26.9231		
Calcium	mg	31,766.7505	120.2275	330.9037		
Iron	mg	459.7199	1.7399	4.7887		
Moisture	g	11,025.7727	41.7292	114.8518		
Ash	g	393.9814	1.4911	4.1040		

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):

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