



Recipe Analysis

Recipe ID: PF005

Description: PINEAPPLE FRIED RICE K-8

Servings: 100

Serving Size: 1 CUP

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	20,400.5301	100.0000	204.0053		
Food Energy	kcal	19,673.4348	96.4359	196.7343		
Saturated Fat	g	81.8265	0.4011	0.8183	3.74	
Sodium	mg	47,055.6179	230.6588	470.5562		
Total Trans	g					*
Total Fat	g	385.6516	1.8904	3.8565	17.64	
Cholesterol	mg	1,990.6633	9.7579	19.9066		*
Carbohydrate	g	3,262.4528	15.9920	32.6245	66.33	
Total Dietary Fiber	g	291.6868	1.4298	2.9169		
Protein	g	878.5692	4.3066	8.7857	17.86	
Vitamin A (IU)	IU	192,525.2699	943.7268	1,925.2527		
Vitamin C	mg	886.5662	4.3458	8.8657		
Calcium	mg	12,698.5956	62.2464	126.9860		
Iron	mg	188.2561	0.9228	1.8826		
Moisture	g	14,652.9868	71.8265	146.5299		*
Ash	g	287.3211	1.4084	2.8732		*

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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