



## Recipe Analysis

**Recipe ID:** PF006

**Description:** BI BIM BAP 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	22,495.8321	100.0000	224.9583		
Food Energy	kcal	20,038.9723	89.0786	200.3897		
Saturated Fat	g	95.4498	0.4243	0.9545	4.29	
Sodium	mg	44,526.9003	197.9340	445.2690		
Total Trans	g					*
Total Fat	g	460.1073	2.0453	4.6011	20.66	
Cholesterol	mg	2,504.1460	11.1316	25.0415		*
Carbohydrate	g	3,148.6516	13.9966	31.4865	62.85	
Total Dietary Fiber	g	346.9532	1.5423	3.4695		
Protein	g	946.9396	4.2094	9.4694	18.90	
Vitamin A (IU)	IU	250,562.8071	1,113.8188	2,505.6281		
Vitamin C	mg	1,043.8291	4.6401	10.4383		
Calcium	mg	14,611.9878	64.9542	146.1199		
Iron	mg	221.8089	0.9860	2.2181		
Moisture	g	16,644.9811	73.9914	166.4498		
Ash	g	304.3686	1.3530	3.0437		

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: