



## Recipe Analysis

**Recipe ID:** PF008

**Description:** VEGGIE AND CHEESE FLATBREAD

**Servings:** 100

**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	18,639.8463	100.0000	186.3985		
Food Energy	kcal	37,029.5645	198.6581	370.2956		
Saturated Fat	g	861.1050	4.6197	8.6110	20.93	
Sodium	mg	106,952.5675	573.7846	1,069.5257		
Total Trans	g					*
Total Fat	g	1,608.5815	8.6298	16.0858	39.10	
Cholesterol	mg	3,493.5546	18.7424	34.9355		
Carbohydrate	g	3,345.6287	17.9488	33.4563	36.14	
Total Dietary Fiber	g	331.6215	1.7791	3.3162		
Protein	g	2,404.4097	12.8993	24.0441	25.97	
Vitamin A (IU)	IU	56,047.0914	300.6843	560.4709		
Vitamin C	mg	1,372.1536	7.3614	13.7215		
Calcium	mg	53,341.4618	286.1690	533.4146		
Iron	mg	226.2877	1.2140	2.2629		
Moisture	g	3,876.8644	20.7988	38.7686		*
Ash	g	187.7219	1.0071	1.8772		*

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: