



Recipe Analysis

Recipe ID: PF009

Description: CHICKPEA MASALA

Servings: 96

Serving Size: 3/4 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	19,983.0944	100.0000	208.1572		
Food Energy	kcal	16,235.7247	81.2473	169.1221		
Saturated Fat	g	38.0678	0.1905	0.3965	2.11	
Sodium	mg	55,582.6374	278.1483	578.9858		
Total Trans	g					*
Total Fat	g	352.1021	1.7620	3.6677	19.52	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,804.0878	14.0323	29.2092	69.08	
Total Dietary Fiber	g	583.7462	2.9212	6.0807		
Protein	g	615.4393	3.0798	6.4108	15.16	
Vitamin A (IU)	IU	176,365.4757	882.5734	1,837.1404		
Vitamin C	mg	1,688.0919	8.4476	17.5843		
Calcium	mg	13,238.8200	66.2501	137.9044		
Iron	mg	212.0806	1.0613	2.2092		
Moisture	g	10,955.8914	54.8258	114.1239		*
Ash	g	230.8247	1.1551	2.4044		*

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: