



Recipe Analysis

Recipe ID: PF010

Description: ZUCCHINI BOATS

Servings: 100

Serving Size: 7.8 OUNCES

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	24,119.2300	100.0000	241.1923		
Food Energy	kcal	22,209.8070	92.0834	222.0981		
Saturated Fat	g	756.4273	3.1362	7.5643	30.65	
Sodium	mg	62,535.3989	259.2761	625.3540		
Total Trans	g					*
Total Fat	g	1,255.2371	5.2043	12.5524	50.87	
Cholesterol	mg	3,601.1940	14.9308	36.0119		
Carbohydrate	g	1,027.4792	4.2600	10.2748	18.50	
Total Dietary Fiber	g	193.8221	0.8036	1.9382		
Protein	g	1,816.9016	7.5330	18.1690	32.72	
Vitamin A (IU)	IU	99,858.9184	414.0220	998.5892		
Vitamin C	mg	3,189.8646	13.2254	31.8986		
Calcium	mg	46,610.4361	193.2501	466.1044		
Iron	mg	111.2861	0.4614	1.1129		
Moisture	g	18,186.5989	75.4029	181.8660		*
Ash	g	355.3969	1.4735	3.5540		*

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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