



Recipe Analysis

Recipe ID: PF012

Description: PINEAPPLE FRIED RICE 9-12

Servings: 100

Serving Size: 2 CUPS

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	40,717.2450	100.0000	407.1725		
Food Energy	kcal	39,275.2031	96.4584	392.7520		
Saturated Fat	g	163.6019	0.4018	1.6360	3.75	
Sodium	mg	93,993.1542	230.8436	939.9315		
Total Trans	g					*
Total Fat	g	770.8996	1.8933	7.7090	17.67	
Cholesterol	mg	3,981.3322	9.7780	39.8133		*
Carbohydrate	g	6,508.2852	15.9841	65.0829	66.28	
Total Dietary Fiber	g	578.3070	1.4203	5.7831		
Protein	g	1,755.3611	4.3111	17.5536	17.88	
Vitamin A (IU)	IU	355,958.2992	874.2200	3,559.5830		
Vitamin C	mg	1,763.4232	4.3309	17.6342		
Calcium	mg	25,335.3285	62.2226	253.3533		
Iron	mg	375.8202	0.9230	3.7582		
Moisture	g	29,242.6775	71.8189	292.4268		*
Ash	g	572.9731	1.4072	5.7297		*

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):

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