



## Recipe Analysis

**Recipe ID:** PF013

**Description:** BI BIM BAP 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	45,078.8095	100.0000	450.7881		
Food Energy	kcal	40,075.2420	88.9004	400.7524		
Saturated Fat	g	190.9088	0.4235	1.9091	4.29	
Sodium	mg	88,961.4528	197.3465	889.6145		
Total Trans	g					*
Total Fat	g	920.2388	2.0414	9.2024	20.67	
Cholesterol	mg	5,008.3008	11.1101	50.0830		*
Carbohydrate	g	6,296.7884	13.9684	62.9679	62.85	
Total Dietary Fiber	g	693.7629	1.5390	6.9376		
Protein	g	1,893.6256	4.2007	18.9363	18.90	
Vitamin A (IU)	IU	501,257.4736	1,111.9581	5,012.5747		
Vitamin C	mg	2,085.7064	4.6268	20.8571		
Calcium	mg	29,224.4119	64.8296	292.2441		
Iron	mg	443.5304	0.9839	4.4353		
Moisture	g	33,378.1988	74.0441	333.7820		
Ash	g	608.3836	1.3496	6.0838		

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: