



## Recipe Analysis

**Recipe ID:** PF014

**Description:** VEGETABLE LASAGNA 9-12

**Servings:** 100

**Serving Size:** 12 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	51,153.1480	100.0000	511.5315		
Food Energy	kcal	30,648.7667	59.9157	306.4877		
Saturated Fat	g	507.2858	0.9917	5.0729	14.90	
Sodium	mg	114,461.2559	223.7619	1,144.6126		
Total Trans	g					*
Total Fat	g	868.5293	1.6979	8.6853	25.50	
Cholesterol	mg	1,840.1833	3.5974	18.4018		
Carbohydrate	g	3,720.8800	7.2740	37.2088	48.56	
Total Dietary Fiber	g	710.4661	1.3889	7.1047		
Protein	g	2,382.3556	4.6573	23.8236	31.09	
Vitamin A (IU)	IU	514,815.3075	1,006.4196	5,148.1531		
Vitamin C	mg	5,111.8875	9.9933	51.1189		
Calcium	mg	47,015.8302	91.9119	470.1583		
Iron	mg	637.1125	1.2455	6.3711		
Moisture	g	38,212.3735	74.7019	382.1237		*
Ash	g	558.4901	1.0918	5.5849		*

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: