



Recipe Analysis

Recipe ID: RSF001

Description: CAULIFLOWER SQUASH AND LENTILS

Servings: 100

Serving Size: 1 CUP

Recipe Source: Real School Food Challenge

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	18,029.5479	100.0000	180.2955		
Food Energy	kcal	19,638.7031	108.9251	196.3870		
Saturated Fat	g	86.0009	0.4770	0.8600	3.94	
Sodium	mg	20,996.4723	116.4559	209.9647		
Total Trans	g					*
Total Fat	g	603.8636	3.3493	6.0386	27.67	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,889.6317	16.0272	28.8963	58.86	
Total Dietary Fiber	g	1,066.6461	5.9161	10.6665		
Protein	g	887.0718	4.9201	8.8707	18.07	
Vitamin A (IU)	IU	80,066.5358	444.0851	800.6654		
Vitamin C	mg	3,841.1591	21.3048	38.4116		
Calcium	mg	5,004.0289	27.7546	50.0403		
Iron	mg	292.3491	1.6215	2.9235		
Moisture	g	13,074.3791	72.5164	130.7438		*
Ash	g	207.4660	1.1507	2.0747		*

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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