



Recipe Analysis

Recipe ID: SA020

Description: MEDITERRANEAN COUSCOUS 4 QT

Servings: 1

Serving Size: 4 QUART

Recipe Source: Cook Book

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	2,736.1878	100.0000	2,736.1878		
Food Energy	kcal	3,783.6415	138.2815	3,783.6415		
Saturated Fat	g	32.1064	1.1734	32.1064	7.64	
Sodium	mg	11,825.9323	432.2047	11,825.9323		
Total Trans	g					*
Total Fat	g	139.8520	5.1112	139.8520	33.27	
Cholesterol	mg	138.7740	5.0718	138.7740		
Carbohydrate	g	507.8146	18.5592	507.8146	53.69	
Total Dietary Fiber	g	90.5350	3.3088	90.5350		
Protein	g	118.1650	4.3186	118.1650	12.49	
Vitamin A (IU)	IU	10,803.4982	394.8376	10,803.4982		
Vitamin C	mg	437.0485	15.9729	437.0485		
Calcium	mg	1,622.7181	59.3058	1,622.7181		
Iron	mg	31.4251	1.1485	31.4251		
Moisture	g	1,655.5687	60.5064	1,655.5687		*
Ash	g	44.3591	1.6212	44.3591		*

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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