



Recipe Analysis

Recipe ID: SA120

Description: MEDITERRANEAN COUSCOUS 1 QT

Servings: 2

Serving Size: 1 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	1,362.8349	100.0000	681.4175		
Food Energy	kcal	1,890.6309	138.7278	945.3154		
Saturated Fat	g	16.0528	1.1779	8.0264	7.64	
Sodium	mg	5,913.7222	433.9280	2,956.8611		
Total Trans	g					*
Total Fat	g	69.9216	5.1306	34.9608	33.28	
Cholesterol	mg	69.3860	5.0913	34.6930		
Carbohydrate	g	253.6072	18.6088	126.8036	53.66	
Total Dietary Fiber	g	45.1412	3.3123	22.5706		
Protein	g	59.0026	4.3294	29.5013	12.48	
Vitamin A (IU)	IU	5,344.9921	392.1966	2,672.4961		
Vitamin C	mg	217.5112	15.9602	108.7556		
Calcium	mg	807.3093	59.2375	403.6547		
Iron	mg	15.6331	1.1471	7.8165		
Moisture	g	822.9479	60.3850	411.4739		*
Ash	g	22.1406	1.6246	11.0703		*

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):

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