



## Recipe Analysis

**Recipe ID:** SA900

**Description:** LENTIL SALAD

**Servings:** 20

**Serving Size:** 1/2 CUP

**Recipe Source:** Boulder Valley School District

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	1,245.6180	100.0000	62.2809		
Food Energy	kcal	2,607.8072	209.3585	130.3904		
Saturated Fat	g	7.8922	0.6336	0.3946	2.72	
Sodium	mg	3,504.2460	281.3259	175.2123		
Total Trans	g					*
Total Fat	g	56.4414	4.5312	2.8221	19.48	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	378.8983	30.4185	18.9449	58.12	
Total Dietary Fiber	g	163.9682	13.1636	8.1984		
Protein	g	139.1019	11.1673	6.9551	21.34	
Vitamin A (IU)	IU	6,363.5597	510.8757	318.1780		
Vitamin C	mg	201.5360	16.1796	10.0768		
Calcium	mg	605.2495	48.5903	30.2625		
Iron	mg	39.1124	3.1400	1.9556		
Moisture	g	543.7646	43.6542	27.1882		*
Ash	g	23.3927	1.8780	1.1696		*

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: