



Recipe Analysis

Recipe ID: YG003

Description: PINEAPPLE CHIA PUDDING

Servings: 100

Serving Size: 1 3/4 CUP

Recipe Source: Danone North America

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	41,175.2950	100.0000	411.7530		
Food Energy	kcal	43,350.3800	105.2825	433.5038		
Saturated Fat	g	663.4164	1.6112	6.6342	13.77	
Sodium	mg	26,739.5248	64.9407	267.3952		
Total Trans	g					*
Total Fat	g	1,492.2750	3.6242	14.9228	30.98	
Cholesterol	mg	1,479.9636	3.5943	14.7996		
Carbohydrate	g	5,818.8515	14.1319	58.1885	53.69	*
Total Dietary Fiber	g	737.4495	1.7910	7.3745		
Protein	g	1,877.7582	4.5604	18.7776	17.33	
Vitamin A (IU)	IU	32,652.3795	79.3009	326.5238		
Vitamin C	mg	4,367.4224	10.6069	43.6742		*
Calcium	mg	55,563.7136	134.9443	555.6371		*
Iron	mg	112.0380	0.2721	1.1204		*
Moisture	g	31,609.7799	76.7688	316.0978		*
Ash	g	314.1675	0.7630	3.1417		*

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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