



Recipe Analysis

Recipe ID: FS003

Description: BAKED BEEF AND SAUSAGE PENNE

Servings: 100

Serving Size: 8 Ounces

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 | 21,911.5166 | 100.0000 | 219.1152 | | |
| Food Energy | kcal | 41,340.0859 | 188.6683 | 413.4009 | | |
| Saturated Fat | g | 860.0708 | 3.9252 | 8.6007 | 18.72 | |
| Sodium | mg | 86,475.8819 | 394.6595 | 864.7588 | | |
| Total Trans | g | 37.7535 | 0.1723 | 0.3775 | | * |
| Total Fat | g | 2,077.1460 | 9.4797 | 20.7715 | 45.22 | |
| Cholesterol | mg | 6,017.6036 | 27.4632 | 60.1760 | | |
| Carbohydrate | g | 3,313.6348 | 15.1228 | 33.1363 | 32.06 | |
| Total Dietary Fiber | g | 388.8856 | 1.7748 | 3.8889 | | |
| Protein | g | 2,477.3599 | 11.3062 | 24.7736 | 23.97 | |
| Vitamin A (IU) | IU | 89,411.8936 | 408.0589 | 894.1189 | | |
| Vitamin C | mg | 1,715.1459 | 7.8276 | 17.1515 | | |
| Calcium | mg | 27,564.7974 | 125.8005 | 275.6480 | | |
| Iron | mg | 274.0692 | 1.2508 | 2.7407 | | |
| Moisture | g | 4,176.7514 | 19.0619 | 41.7675 | | * |
| Ash | g | 245.0803 | 1.1185 | 2.4508 | | * |

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: