



## Recipe Analysis

**Recipe ID:** FS062

**Description:** WILD RICE ORANGE SALAD

**Servings:** 96

**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	8,771.4137	100.0000	91.3689		
Food Energy	kcal	11,849.1624	135.0884	123.4288		
Saturated Fat	g	45.4886	0.5186	0.4738	3.46	
Sodium	mg	37,408.4392	426.4813	389.6712		
Total Trans	g					*
Total Fat	g	376.4778	4.2921	3.9216	28.60	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,952.2009	22.2564	20.3354	65.90	
Total Dietary Fiber	g	167.9199	1.9144	1.7492		
Protein	g	322.9371	3.6817	3.3639	10.90	
Vitamin A (IU)	IU	10,942.9789	124.7573	113.9894		
Vitamin C	mg	1,277.5564	14.5650	13.3079		
Calcium	mg	1,484.1320	16.9201	15.4597		
Iron	mg	50.6461	0.5774	0.5276		
Moisture	g	5,627.7478	64.1601	58.6224		*
Ash	g	114.0108	1.2998	1.1876		*

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: