



Recipe Analysis

Recipe ID: FS069

Description: MEATLOAF K-8

Servings: 100

Serving Size: 2 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	10,307.2340	100.0000	103.0723		
Food Energy	kcal	17,442.0044	169.2210	174.4200		
Saturated Fat	g	364.1546	3.5330	3.6415	18.79	
Sodium	mg	65,502.4515	635.4998	655.0245		
Total Trans	g	54.8242	0.5319	0.5482		*
Total Fat	g	936.7420	9.0882	9.3674	48.34	
Cholesterol	mg	6,442.7015	62.5066	64.4270		
Carbohydrate	g	774.7948	7.5170	7.7479	17.77	
Total Dietary Fiber	g	51.1857	0.4966	0.5119		
Protein	g	1,218.4078	11.8209	12.1841	27.94	
Vitamin A (IU)	IU	32,919.8315	319.3857	329.1983		
Vitamin C	mg	235.3760	2.2836	2.3538		
Calcium	mg	2,561.2240	24.8488	25.6122		
Iron	mg	174.7179	1.6951	1.7472		
Moisture	g	5,019.2931	48.6968	50.1929		*
Ash	g	86.4365	0.8386	0.8644		*

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):

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