



Recipe Analysis

Recipe ID: FS099

Description: MEATLOAF PK

Servings: 100

Serving Size: 1.5 OUNCE

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	7,743.9876	100.0000	77.4399		
Food Energy	kcal	13,112.6154	169.3264	131.1262		
Saturated Fat	g	273.0685	3.5262	2.7307	18.74	
Sodium	mg	49,229.0558	635.7068	492.2906		
Total Trans	g	41.1051	0.5308	0.4111		*
Total Fat	g	702.4416	9.0708	7.0244	48.21	
Cholesterol	mg	4,834.8348	62.4334	48.3483		
Carbohydrate	g	589.9137	7.6177	5.8991	18.00	
Total Dietary Fiber	g	38.4257	0.4962	0.3843		
Protein	g	913.7286	11.7992	9.1373	27.87	
Vitamin A (IU)	IU	24,703.6457	319.0042	247.0365		
Vitamin C	mg	176.6946	2.2817	1.7669		
Calcium	mg	1,922.6385	24.8275	19.2264		
Iron	mg	131.0438	1.6922	1.3104		
Moisture	g	3,768.3483	48.6616	37.6835		*
Ash	g	65.1037	0.8407	0.6510		*

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: