



## Recipe Analysis

**Recipe ID:** HK2288

**Description:** Portabello Fajita Filling

**Servings:** 100

**Serving Size:** 1 1/2 cup

**Recipe Source:** Cook Book

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	26,631.8418	100.0000	266.3184		
Food Energy	kcal	15,456.2954	58.0369	154.5630		
Saturated Fat	g	33.7692	0.1268	0.3377	1.97	
Sodium	mg	13,132.5340	49.3114	131.3253		
Total Trans	g					*
Total Fat	g	156.7284	0.5885	1.5673	9.13	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,722.8928	10.2242	27.2289	70.47	
Total Dietary Fiber	g	800.5265	3.0059	8.0053		
Protein	g	867.7453	3.2583	8.6775	22.46	
Vitamin A (IU)	IU	189,542.8928	711.7153	1,895.4289		
Vitamin C	mg	8,052.9363	30.2380	80.5294		
Calcium	mg	8,156.1081	30.6254	81.5611		
Iron	mg	195.7440	0.7350	1.9574		
Moisture	g	13,741.3379	51.5974	137.4134		*
Ash	g	102.2663	0.3840	1.0227		*

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: