



Recipe Analysis

Recipe ID: MV026

Description: TOFU CRISPY K-8

Servings: 100

Serving Size: 3/4 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	12,567.0835	100.0000	125.6708		
Food Energy	kcal	18,058.4214	143.6962	180.5842		
Saturated Fat	g	221.8467	1.7653	2.2185	11.06	
Sodium	mg	4,444.1229	35.3632	44.4412		
Total Trans	g					*
Total Fat	g	1,608.2976	12.7977	16.0830	80.15	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	208.3120	1.6576	2.0831	4.61	
Total Dietary Fiber	g	102.0573	0.8121	1.0206		
Protein	g	928.7452	7.3903	9.2875	20.57	
Vitamin A (IU)	IU					*
Vitamin C	mg	22.6836	0.1805	0.2268		*
Calcium	mg	22,793.3969	181.3738	227.9340		*
Iron	mg	182.8511	1.4550	1.8285		*
Moisture	g	9,633.3356	76.6553	96.3334		*
Ash	g	114.5364	0.9114	1.1454		*

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: