



Recipe Analysis

Recipe ID: TT001

Description: TIKKA MASALA TACOS

Servings: 62

Serving Size: 2 TACOS

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	16,551.1996	100.0000	266.9548		
Food Energy	kcal	20,786.0723	125.5865	335.2592		
Saturated Fat	g	235.8711	1.4251	3.8044	10.21	
Sodium	mg	21,670.1877	130.9282	349.5192		
Total Trans	g					*
Total Fat	g	892.4738	5.3922	14.3947	38.64	
Cholesterol	mg	4,092.5489	24.7266	66.0089		
Carbohydrate	g	1,689.2154	10.2060	27.2454	32.51	
Total Dietary Fiber	g	146.2133	0.8834	2.3583		
Protein	g	1,468.5879	8.8730	23.6869	28.26	
Vitamin A (IU)	IU	6,137.3503	37.0810	98.9895		
Vitamin C	mg	1,860.8845	11.2432	30.0143		
Calcium	mg	8,457.1665	51.0970	136.4059		
Iron	mg	107.0035	0.6465	1.7259		
Moisture	g	7,392.2788	44.6631	119.2303		*
Ash	g	65.7248	0.3971	1.0601		*

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:

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