

Recipe Analysis Report

Detail Information Per Portion

Almond Stuffed Chicken-Centro

Analysis Accepted (PATRICKGOYAU,17-APR-25)

Category: Entrees:Poultry:Chicken

Yield: 4
Portion: 8 ounce

Nutrient Link	Source	Grams	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Sodium (mg)	Iron (mg)
Chicken,Broiler,Breast,Meat and Skin,Raw	CNF(ENG)	170	293	35.5	15.7	0.0	109	19	107	1.26
Margarine,Regular,Hard,Soybean(Hydrogenated)	USDA	14	102	0.1	11.4	0.1	0	4	134	0.00
Onions,Raw, cup,chopped	USDA	7	3	0.1	0.0	0.6	0	1	0	0.01
Carrots,Raw, cup chopped	USDA	7	3	0.1	0.0	0.7	0	2	5	0.02
Celery,Raw, cup chopped	USDA	7	1	0.0	0.0	0.2	0	3	6	0.01
Garlic,Raw, cup	USDA	2	2	0.1	0.0	0.5	0	3	0	0.02
Herb Marinade	UserRecs	28	182	0.3	19.9	1.6	0	10	1	0.15
Spices,Paprika, tablespoon	USDA	1	2	0.1	0.1	0.3	0	1	0	0.12
Parsley,Fresh, 10 sprigs	USDA	0	0	0.0	0.0	0.0	0	0	0	0.02
Nuts,Almonds,Blanched, cup whole kernels	USDA	2	13	0.5	1.2	0.4	0	5	0	0.07
Spinach,Raw, cup	USDA	1	0	0.0	0.0	0.0	0	1	1	0.03
Raisins,Golden Seedless, cup(not packed)	USDA	2	5	0.1	0.0	1.2	0	1	0	0.03
Gluten Free,Bread,Baguette,Schar	CI	28	71	1.3	0.6	12.9	0	13	142	0.23
Chicken Stock	UserRecs	181	12	0.7	0.3	1.6	2	12	103	0.10
Totals Per Portion		450	688	38.8	49.3	20.1	111	76	500	2.08
Totals Per 100 Grams		100	153	8.6	11.0	4.5	25	17	111	0.46
Actual Calorie Distribution / Portion				155.2	443.8	80.3				
Daily Value			2000	50.0	78.0	275.0	300	1300	2300	18.00
Recommended Calorie Distribution (%)				15.0	30.0	55.0				
Percent Calorie Distribution (%)				22.9	65.3	11.8				

+ Indicates nutrient value calculated from partial information.