

Recipe Analysis Report

Detail Information Per Portion

Caprese Quiche-Centro

Analysis Accepted (PATRICKGOYAU,13-APR-25)

Yield: 8
Portion: 8 ounce

Category: Entrees:Meatless

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)
Tomatoes,Red,Ripe,Raw,Year Round Average, cherry	USDA	17	3	0.1	0.0	0.7	0	2	1	0.05
Cheese Blend,Mozzarella/Provolone,50/50,Roseli	CI	14	46	3.5	3.0	0.5	8	101	111	0.00
Cheese,Mozzarella,Whole Milk	USDA	7	21	1.6	1.6	0.2	6	36	44	0.03
Egg Mix,Scramble,w/Milk,Liquid,Glnvw Farm	CI	170	204	17.0	11.9	3.4	544	102	213	2.45
Basil,Fresh, 2 tbsp,chopped	USDA	1	0	0.0	0.0	0.0	0	2	0	0.04
Vinegar,Balsamic	USDA	21	19	0.1	0.0	3.6		6	5	0.15
Totals Per Portion		231	293	22.4	16.6	8.4	558+	249	374	2.72
Totals Per 100 Grams		100	127	9.7	7.2	3.6	242+	108	162	1.18
Actual Calorie Distribution / Portion				89.7	149.1	33.5				
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 (%)				32.9	54.8	12.3				

+ Indicates nutrient value calculated from partial information.