

Recipe Analysis Report

Detail Information Per Portion

Chipotle Turkey Burger-Centro

Analysis Accepted (PATRICKGOYAU,15-APR-25)

Master Reference: ADDTL INFO
Category: Entrees:Poultry:Turkey

Yield: 20
Portion: 1 sandwich

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)
Turkey Patty	UserRecs	178	349	39.5	17.8	7.5	189	71	237	3.26
Pepper,Chipotle in Adobo Sauce,Embasa	CI	3	1		0.0	0.2	0	0	13	0.00
Salad Dressing,Mayonnaise,Regular, cup	USDA	22	150	0.2	16.5	0.1	9	2	140	0.05
Rolls,Hamburger or Hotdog,Plain, roll 1 serving	USDA	60	166	5.8	2.3	29.8	0	86	294	2.04
Tomatoes,Red,Ripe,Raw,Year Round Average, medium whole(2-3/5")	USDA	123	22	1.1	0.2	4.8	0	12	6	0.33
Lettuce,Green Leaf,Raw, leaf inner	USDA	7	1	0.1	0.0	0.2	0	2	2	0.06
Onions,Raw, sl,medium(1/8" thk)	USDA	13	5	0.1	0.0	1.2	0	3	1	0.03
Totals Per Portion		405	694	46.9+	36.9	43.8	198	176	692	5.76
Totals Per 100 Grams		100	171	11.6+	9.1	10.8	49	43	171	1.42
Actual Calorie Distribution / Portion				187.5	332.1	175.3				
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 (%)				27.0	47.9	25.3				

+ Indicates nutrient value calculated from partial information.