

Recipe Analysis Report

Detail Information Per Portion

Classic Meatloaf-Centro

Analysis Accepted (PATRICKGOYAU,17-APR-25)

Master Reference: ADDTL INFO
Category: Entrees:Red Meat:Beef

Yield: 175
Portion: 6 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)
Gravy, Brown Gravy	UserRecs	65	45	0.7	3.0	4.1	0	5	65	0.23
Oil,Canola	USDA	2	22	0.0	2.5	0.0	0	0	0	0.00
Onions,Raw, cup,chopped	USDA	13	5	0.1	0.0	1.2	0	3	1	0.03
Peppers,Sweet,Green,Raw, cup,chopped	USDA	13	3	0.1	0.0	0.6	0	1	0	0.04
Garlic,Raw, cup	USDA	2	2	0.1	0.0	0.5	0	3	0	0.03
Thyme,Fresh, teaspoon	USDA	0	0	0.0	0.0	0.1	0	1	0	0.04
Salt,Kosher,Tone's	CI	0	0	0.0	0.0	0.0	0	0	27	0.00
Spices,Pepper,Black, tbsp,ground	USDA	0	0	0.0	0.0	0.0	0	0	0	0.00
Egg,Whole,Raw,Fresh, large	USDA	15	22	1.9	1.4	0.1	56	8	21	0.26
Bread Crumbs,Panko, Cup	CI	5	18	0.8	0.0	3.9	0	5	12	0.09
Seasoning,Cajun,Le Pak,Fr Mkt, *STANDARD VOLUME*	CI	1	2	0.1	0.1	0.4	0	2	38	0.11
Mustard,Dijon,Canned,Whole Grain,Rykoff Sexton	UserNuts	1	3	0.0	0.1	0.3	0	0	18	0.00
Sauce,Steak,A-1, *STANDARD VOLUME*	CI	5	4	0.0	0.0	1.0			89	
Sauce,Worcestershire, cup	USDA	1	1	0.0	0.0	0.3	0	1	13	0.07
Beef,Ground,80% Lean Meat/20% Fat,Raw	USDA	168	427	28.8	33.6	0.0	119	30	111	3.26
Catsup, cup	USDA	8	8	0.1	0.0	2.2	0	1	73	0.03
Sugars,Brown, cup unpacked	USDA	3	10	0.0	0.0	2.5	0	2	1	0.02
Sauce,Worcestershire, cup	USDA	1	1	0.0	0.0	0.1	0	1	6	0.03
Totals Per Portion		303	572	32.8	40.7	17.2	176+	64+	476	4.24+
Totals Per 100 Grams		100	189	10.8	13.5	5.7	58+	21+	157	1.40+
Actual Calorie Distribution / Portion				131.0	366.5	68.7				
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 (%)				23.1	64.7	12.1				

+ Indicates nutrient value calculated from partial information.