

Recipe Analysis Report

Detail Information Per Portion

Lemon Sole Roulade-Centro

Analysis Accepted (PATRICKGOYAU,15-APR-25)

Category: Entrees:Seafood:Fish

Yield: 4
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)
Fish,Sole Fillets w/Lemon Ppr Glaze,FPI	CI	170	126	22.1	3.2	2.2			726	
Squash,Summer,All Varieties,Raw	USDA	13	2	0.2	0.0	0.4	0	2	0	0.05
Squash,Summer,Zucchini,Includes Skin,Raw, medium	USDA	14	2	0.2	0.0	0.4	0	2	1	0.05
Peppers,Sweet,Red,Raw, med(~2-3/4" ,2-1/2)	USDA	12	4	0.1	0.0	0.7	0	1	0	0.05
Carrots,Raw, cup grated	USDA	14	6	0.1	0.0	1.4	0	5	10	0.04
Herb Marinade	UserRecs	28	182	0.3	19.9	1.6	0	10	1	0.15
Lemon Wine Sauce-Centro	UserRecs	57	187	2.5	16.6	7.0	0	20+	440	0.64+
Totals Per Portion		307	509	25.5	39.8	13.7	0+	40+	1179	0.98+
Totals Per 100 Grams		100	166	8.3	13.0	4.5	0+	13+	384	0.32+
Actual Calorie Distribution / Portion				101.9	358.5	54.9				
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 (%)				19.8	69.6	10.7				

+ Indicates nutrient value calculated from partial information.