

Recipe Analysis Report

Detail Information Per Portion

Meatless "short rib" Grilled CHeese-Centro

Analysis Accepted (PATRICKGOYAU,17-APR-25)

Yield: 1
Portion: 4 ounce

Category: Entrees:Sandwiches:Hot Sandwiches

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)
Meatless,Burger Crumbles,Morningstar Farms	USDA	113	153	21.0	4.9	9.4	0	36	492	5.44
Cheese,Gouda	USDA	57	202	14.1	15.6	1.3	65	397	464	0.14
Totals Per Portion		170	355	35.1	20.4	10.7	65	433	957	5.58
Totals Per 100 Grams		100	209	20.6	12.0	6.3	38	255	562	3.28
Actual Calorie Distribution / Portion				140.5	183.9	42.7				
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 (%)				38.3	50.1	11.6				

+ Indicates nutrient value calculated from partial information.