

Recipe Analysis Report

Detail Information Per Portion

Roasted Broccoli Salad-Centro

Analysis Accepted (PATRICKGOYAU,13-APR-25)

Category: Entrees:Entree Salad

Yield: 4
Portion: 8 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)
Broccoli,Flower Clusters,Raw, cup flowerets	USDA	227	64	6.8	0.8	11.5	0	109	61	2.00
Herb Marinade	UserRecs	26	167	0.3	18.2	1.4	0	9	1	0.14
Cranberries,Dried,Sweetened	USDA	57	175	0.1	0.6	46.9	0	5	3	0.22
Onions,Raw, cup,sliced	USDA	28	11	0.3	0.0	2.6	0	7	1	0.06
Salad Dressing,Coleslaw, cup	USDA	21	83	0.2	7.1	5.1	6	3	151	0.04
Seeds,Sunflower Seed Butter,with Salt Added	USDA	28	175	4.9	15.6	6.6	0	18	94	1.17
Lettuce,Butterhead(Incl Boston&Bibb Types),Raw, head(5" dia)	USDA	483	63	6.5	1.1	10.8	0	169	24	5.98
Salad Dressing,Italian,Golden,Marzetti,81998	CI	57	185	0.0	18.5	5.3	0	0	422	0.00
Totals Per Portion		927	922	19.1	61.9	90.2	6	320	757	9.61
Totals Per 100 Grams		100	99	2.1	6.7	9.7	1	35	82	1.04
Actual Calorie Distribution / Portion				76.2	557.3	360.9				
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 (%)				7.7	56.0	36.3				

+ Indicates nutrient value calculated from partial information.