

Recipe Analysis Report

Detail Information Per Portion

Salmon En Crute-Centro

Analysis Accepted (PATRICKGOYAU,15-APR-25)

Yield: 6
Portion: 6 ounce

Category: Entrees:Seafood:Fish

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)
Puff Pastry,Frozen,Ready-To-Bake	USDA	57	312	4.1	21.6	25.6	0	6	141	1.45
Fish,Salmon,Atlantic,Farmed,Cooked,Dry Heat	USDA	133	273	29.3	16.4	0.0	84	20	81	0.45
Seasoning,Lemon/Ppr,Prsly Patch, *STANDARD VOLUME*	CI	2	5	0.2	0.0	1.1	0	8	2	0.19
Asparagus,Cooked,Boiled,Drained	USDA	20	4	0.5	0.0	0.8	0	5	3	0.18
Herb Marinade	UserRecs	47	304	0.5	33.1	2.6	0	17	2	0.25
Egg,Whole,Raw,Fresh, large	USDA	7	10	0.9	0.7	0.1	27	4	10	0.13
Lemon Tarragon Aioli-Centro	UserRecs	57	159	3.0	15.4	2.3	0	30	541	0.16
Totals Per Portion		322	1069	38.5	87.2	32.5	111	89	780	2.81
Totals Per 100 Grams		100	332	12.0	27.1	10.1	34	28	242	0.87
Actual Calorie Distribution / Portion				154.0	785.1	129.9				
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 (%)				14.4	73.4	12.1				

+ Indicates nutrient value calculated from partial information.