

Recipe Analysis Report

Detail Information Per Portion

Seafood Fra Diavolo-Centro

Analysis Accepted (PATRICKGOYAU,15-APR-25)

Category: Entrees:Seafood:Shellfish

Yield: 24
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)
Mollusks,Mussel,Blue,Cooked,Moist Heat	USDA	28	49	6.7	1.3	2.1	16	9	105	1.91
Shrimp,Mxd Sp,Ckd,Moist Heat	USDA	75	89	17.0	1.3	1.1	158	68	707	0.24
Oil,Canola	USDA	1	10	0.0	1.1	0.0	0	0	0	0.00
Spicy Rustic Marinara-Centro	UserRecs	85	80	1.0	5.9	4.1	0	27	97	0.52
Bread,Focaccia,Rustic,Signtr	CI	85	217	8.2	1.1	43.5	0	30	465	2.70
Totals Per Portion		274	445	33.0	10.7	50.8	173	134	1373	5.37
Totals Per 100 Grams		100	162	12.0	3.9	18.5	63	49	501	1.96
Actual Calorie Distribution / Portion				131.9	95.9	203.3				
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 (%)				30.6	22.2	47.2				

+ Indicates nutrient value calculated from partial information.