

Recipe Analysis Report

Detail Information Per Portion

Stuffed Grapes Leaves-Centro

Analysis Accepted (PATRICKGOYAU,13-APR-25)

Yield: 10
Portion: 3 each

Category:

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)
Vegan Lemon Aioli-Centro	UserRecs	28	80	1.5	7.7	1.2	0	15	272	0.10
Grape Leaves,Canned	CNF(ENG)	200	138	8.5	3.9	23.4	0	578	5706	5.96
Totals Per Portion		228	218	10.0	11.7	24.6	0	593	5978	6.06
Totals Per 100 Grams		100	95	4.4	5.1	10.8	0	260	2618	2.65
Actual Calorie Distribution / Portion				40.2	105.1	98.4				
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 (%)				16.5	43.1	40.4				

+ Indicates nutrient value calculated from partial information.