

Recipe Analysis Report

Detail Information Per Portion

Tofu and Brussels Sir Fry-Centro

Analysis Accepted (PATRICKGOYAU,13-APR-25)

Category: Entrees:Meatless

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)
Tofu,Fried(Prepared with Calcium Sulphate)	CNF(ENG)	114	307	19.5	22.9	11.9	0	1090	18	5.52
Oil,Corn,Industrial&Rtl,Allpurp Salad or Cooking, cup	USDA	28	255	0.0	28.3	0.0	0	0	0	0.00
Teriyaki,Glaze,Kikkoman	CI	57	71	1.6	0.0	15.7	0		1465	
Brussels Sprouts,Ckd,Bld,Drnd,wo/Salt	USDA	102	37	2.6	0.5	7.2	0	37	21	1.22
Totals Per Portion		301	670	23.7	51.7	34.9	0	1126+	1504	6.75+
Totals Per 100 Grams		100	223	7.9	17.2	11.6	0	375+	501	2.25+
Actual Calorie Distribution / Portion				94.7	465.7	139.6				
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 (%)				13.5	66.5	19.9				

+ Indicates nutrient value calculated from partial information.