

Recipe Analysis Report

Detail Information Per Portion

Turkey Tetrazzini-Centro

Analysis Accepted (PATRICKGOYAU,17-APR-25)

Yield: 200
Portion: 8 ounce

Category: Entrees:Poultry:Turkey

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)
Parsley,Fresh, 10 sprigs	USDA	0	0	0.0	0.0	0.0	0	0	0	0.01
Roast turkey Breast	UserRecs	91	48	9.3	0.8	0.9	23	11	115	0.27
Noodles,Egg,Dry,Enriched, cup	USDA	45	174	6.4	2.0	32.3	38	16	10	1.82
Beverages,Water,Tap,Municipal, cup 8 fl oz	USDA	119	0	0.0	0.0	0.0	0	4	4	0.00
Onions,Raw, sl,medium(1/8" thk)	USDA	1	0	0.0	0.0	0.1	0	0	0	0.00
Butter,without Salt	USDA	7	49	0.1	5.5	0.0	15	2	1	0.00
Mushrooms,White,Raw, cup,pieces or slices	USDA	9	2	0.3	0.0	0.3	0	0	0	0.05
Flour,All Purpose	USDA	3	11	0.3	0.0	2.4	0	0	0	0.15
Salt,Table, cup	USDA	0	0	0.0	0.0	0.0	0	0	22	0.00
Beverages,Water,Tap,Municipal, cup 8 fl oz	USDA	19	0	0.0	0.0	0.0	0	1	1	0.00
Soup Base,Chicken,Dry,Low Sodium,Kosher	UserNuts	2	8	0.5	0.0	1.0	0	0	55	0.00
Peas,Grn,Frz,Ckd,Bld,Drnd,wo/Salt	USDA	11	9	0.6	0.0	1.6	0	3	8	0.17
Mlk,Lowfat,Fluid,1% Mlkfat,w/Added VtA&Vitamin D, cup	USDA	39	16	1.3	0.4	1.9	2	49	17	0.01
Cheese,Cheddar, cup,shredded	USDA	7	27	1.6	2.3	0.2	7	48	44	0.01
Totals Per Portion		353	345	20.3	11.1	40.8	85	134	278	2.48
Totals Per 100 Grams		100	98	5.8	3.1	11.6	24	38	79	0.70
Actual Calorie Distribution / Portion				81.4	99.6	163.4				
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 (%)				23.6	28.9	47.4				

+ Indicates nutrient value calculated from partial information.