

Recipe Analysis Report

Detail Information Per Portion

Veal Tenderloin-Centro

Analysis Accepted (PATRICKGOYAU,17-APR-25)

Category: Entrees:Red Meat:Veal

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)
Veal,Loin,Lean,Raw	CNF(ENG)	227	259	49.6	6.6	0.0	125	25	225	1.93
Oil,Canola	USDA	4	30	0.0	3.4	0.0	0	0	0	0.00
Cherry Port Reduction-Centro	UserRecs	31	35	0.3	2.1	3.6	0	3+	50	0.07+
Totals Per Portion		261	324	49.9	12.1	3.6	125	28+	274	2.00+
Totals Per 100 Grams		100	124	19.1	4.6	1.4	48	11+	105	0.77+
Actual Calorie Distribution / Portion				199.5	108.9	14.4				
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 (%)				61.8	33.7	4.4				

+ Indicates nutrient value calculated from partial information.