

Recipe Analysis Report

Detail Information Per Portion

Vegan Swedish Meatballs-Centro

Analysis Accepted (PATRICKGOYAU,15-APR-25)

Category: Entrees:Meatless

Yield: 50
Portion: 5 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)
Meatballs,Meatless	USDA	136	268	28.6	12.2	10.9	0	34	748	2.94
Oil,Canola	USDA	1	7	0.0	0.8	0.0	0	0	0	0.00
Garlic,Raw, cup	USDA	0	0	0.0	0.0	0.0	0	0	0	0.00
Thyme,Fresh, teaspoon	USDA	0	0	0.0	0.0	0.0	0	0	0	0.00
Rosemary,Fresh, tablespoon	USDA	0	0	0.0	0.0	0.0	0	0	0	0.00
Alcoholic Beverage,Wine,Table,Red	USDA	1	1	0.0	0.0	0.0	0	0	0	0.00
Coconut Milk,Cnd(Lq Expressed /Grated Meat&H2O), cup	USDA	9	18	0.2	1.9	0.3	0	2	1	0.30
Plant-Based Beverage,Soy,Enriched,All Flavours	CNF(ENG)	2	1	0.0	0.0	0.1	0	2	1	0.01
Vegetable Stock	UserRecs	78	1	0.1	0.0	0.1	0	2	6	0.00
Onions,Raw, cup,chopped	USDA	7	3	0.1	0.0	0.6	0	2	0	0.01
Chickpea Flour(Besan)	USDA	2	7	0.4	0.1	1.0	0	1	1	0.08
Margarine,Regular,Hard,Soybean(Hydrogenated)	USDA	2	16	0.0	1.8	0.0	0	1	21	0.00
Spices,Nutmeg,Ground, tablespoon	USDA	0	0	0.0	0.0	0.0	0	0	0	0.00
Salt,Table, cup	USDA	0	0	0.0	0.0	0.0	0	0	47	0.00
Totals Per Portion		238	321	29.3	17.0	13.0	0	44	826	3.36
Totals Per 100 Grams		100	135	12.3	7.2	5.5	0	18	348	1.41
Actual Calorie Distribution / Portion				117.4	153.0	52.1				
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 (%)				36.4	47.5	16.1				

+ Indicates nutrient value calculated from partial information.