

Recipe Analysis Report

Detail Information Per Portion

Spinach Garlic Ravioli - Centro

Analysis Accepted (PATRICKGOYAU,14-JUL-25)

Category: Entrees:Pasta/Pizza

Yield: 4
Portion: 20 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)
Ravioli,Spinach	UserNuts	227	771	36.3	15.9	120.2	91		522	
Butter,without Salt	USDA	4	25	0.0	2.9	0.0	8	1	0	0.00
Garlic,Raw, cup	USDA	7	11	0.5	0.0	2.3	0	13	1	0.12
Spinach,Raw, cup	USDA	14	3	0.4	0.1	0.5	0	14	11	0.38
Tomatoes,Red,Ripe,Raw,Year Round Average, cherry	USDA	16	3	0.1	0.0	0.6	0	2	1	0.04
Tomato Sauce-AL	UserRecs	114	127	2.2	8.0	11.0	2	48	683	1.04
Alcoholic Beverage,Wine,Table,White	USDA	59	48	0.0	0.0	1.5	0	5	3	0.16
Cream,Fluid,Heavy Whipping, cup,fld-ylds2cwhpd	USDA	60	202	1.7	21.5	1.6	67	39	16	0.06
Cheese,Parmesan,Grated, cup	USDA	43	179	12.1	11.8	5.9	37	363	767	0.21
Salt,Table, cup	USDA	1	0	0.0	0.0	0.0	0	0	295	0.00
Totals Per Portion		542	1369	53.3	60.2	143.8	204	485+	2299	2.01+
Totals Per 100 Grams		100	252	9.8	11.1	26.5	38	89+	424	0.37+
Actual Calorie Distribution / Portion				213.2	541.5	575.1				
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 (%)				16.0	40.7	43.2				

+ Indicates nutrient value calculated from partial information.