

Recipe Nutrition Report

Recipe Name: Chicken Pad Thai, USDA Fajita Chicken, Whole Wheat Noodle
 Recipe Code: SMR2261
 Allergens: Contains Egg, Fish, Gluten, Milk, Soy, Wheat
 Number of Servings: 20.000 Serving Size: 1 portion
 Moisture gain/loss%: 0.000 Fat gain/loss% : 0.000
 Waste gain/loss%: 0.000

Ingredient Name	Weight (g)	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Moisture (g)
CHICKEN STRIP FAJITA THIGH FC USDA	1,927.800	3175.2	158.76	45.36	0	1814.4	9525.6	45.36	0	0	0	385.56	20.412	226.8	(M)	(M)	0	5443.2	(M)
GARLIC FRESH CHOPPED WATER	29.982	44.674	0.15	0.027	0	0	5.097	9.912	0.63	0.3	0	1.907	0.51	54.268	2.698	9.355	0	120.23	17.564
EGG PATTY SCRAMBLED 1.5 OZ MICHAEL	680.400	1120	80	24	0	1840	2080	16	0	16	0	64	16	352	(M)	(M)	16	880	(M)
SAUCE CONV SOY LOW SOD	113.600	72.704	0	0	0	1.136	3987.36	8.293	0.909	0	0	9.883	2.158	36.466	0	0.568	1.136	371.472	84.178
SUGAR BULK BROWN LIGHT	110.000	418	0	0	0	0	30.8	107.91	0	106.7	106.7	0.132	0.781	91.3	0	0	0	146.3	1.474
FISH SAUCE	30.000	18.9	0.03	0.015	0.002	0.21	2472	1.437	0.03	1.164	1.164	3.267	0.45	6.3	(M)	(M)	0.03	87.6	18.57
HERB CILANTRO LEAVES FRSH	8.000	1.84	0.042	0.001	0	0	3.68	0.294	0.224	0.07	0	0.17	0.142	5.36	539.84	2.16	0	41.68	(M)
JUICE LIME CONC	123.000	31.98	0.861	0.123	0	0	34.44	7.134	0.492	2.214	0	0.492	0.123	20.91	(M)	(M)	0	151.29	(M)
SAUCE CHILI HOT SRIRACHA KIKKOMAN	17.719	21.085	0.089	0.035	0	0.071	517.387	4.695	0.443	4.128	(M)	0.372	0.159	3.402	478.406	0	0.027	41.107	11.216
Chicken Soup Broth, LS, from base	120.835	11.623	0.765	0.255	0	1.275	69.027	0.879	0	0.312	0.283	0.312	0.054	6.091	0(M)	0(M)	0	49.09	117.882 (M)
SUNBUTTER BULK CREAMY	253.600	1584.95	134.721	15.85	0	0	950.973	55.473	15.85	31.699	23.774	55.473	11.095	174.345	(M)	(M)	0	1648.35	(M)
GINGER ROOT FRESH	6.000	4.8	0.045	0.012	0	0	0.78	1.066	0.12	0.102	(M)	0.109	0.036	0.96	0	0.3	(M)	(M)	4.733
OIL OLIVE BLEND 80/20	14.000	120	14	1	0	0	0	0	0	0	0	0	0	0	(M)	(M)	0	0	(M)
Lime Wedges	83.750	25.13	0.17	0.02	0	0	1.68	8.83	2.35	1.42	(M)	0.59	0.5	27.64	41.88	24.37	(M)	(M)	73.92
PASTA DRY SPAGHETTI WHL WHEAT	893.025	2870.44	23.92	0	0	0	0	621.928	111.628	15.947	0	127.575	31.894	271.097	(M)	(M)	0	4369.44	(M)
Sub Total	4,411.711	9521.33	413.553	86.698	0.002	3657.09	19678.8	889.212	132.675	180.056	131.921 (M)	649.843	84.314	1276.94	1062.83 (M)	36.753 (M)	17.192 (M)	13349.8 (M)	329.537 (M)
Fat/Waste/Moist Change	0.000	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)	(M)
Total	4,411.711	9521.33	413.553	86.698	0.002	3657.09	19678.8	889.212	132.675	180.056	131.921 (M)	649.843	84.314	1276.94	1062.83 (M)	36.753 (M)	17.192 (M)	13349.8 (M)	329.537 (M)

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Per 100g	100.000	215.819	9.374	1.965	0	82.895	446.059	20.156	3.007	4.081	2.99(M)	14.73	1.911	28.944	24.091 (M)	0.833 (M)	0.39(M)	302.598 (M)	7.47(M)
Per Serving	220.586	476.066	20.678	4.335	0	182.855	983.941	44.461	6.634	9.003	6.596 (M)	32.492	4.216	63.847	53.141 (M)	1.838 (M)	0.86(M)	667.488 (M)	16.477 (M)

(M) Indicates missing nutrient values.