



CENTRAL OFFICE

Recipe Analysis

Recipe ID: 000000000000

Description: Omelette with cheese and ham

Servings: 1

Serving Size: 100g

Recipe Source: Microsoft Word

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories
Total Fat	* g	42.5	42.5	42.5	
Total Protein	* g	12.5	12.5	12.5	
Total Carbohydrate	* g	22.5	22.5	22.5	
Total Fiber	* g	0.5	0.5	0.5	
Total Sugars	* g	0	0	0	
Total Cholesterol	* mg	115	115	115	
Total Sodium	* mg	450	450	450	
Total Potassium	* mg	200	200	200	
Total Calcium	* mg	100	100	100	
Total Phosphorus	* mg	250	250	250	
Total Magnesium	* mg	150	150	150	
Total Iron	* mg	2	2	2	
Total Zinc	* mg	1	1	1	
Total Selenium	* mcg	15	15	15	
Total Copper	* mcg	0.5	0.5	0.5	
Total Manganese	* mcg	0.5	0.5	0.5	
Total Vitamin A	* IU	1000	1000	1000	
Total Vitamin B1	* mg	0.5	0.5	0.5	
Total Vitamin B2	* mg	0.5	0.5	0.5	
Total Vitamin B3	* mg	5	5	5	
Total Vitamin B6	* mg	0.5	0.5	0.5	
Total Vitamin B12	* mcg	0.5	0.5	0.5	
Total Vitamin C	* mg	5	5	5	
Total Vitamin E	* IU	10	10	10	
Total Vitamin K	* mcg	10	10	10	
Total Thiamin	* mg	0.5	0.5	0.5	
Total Riboflavin	* mg	0.5	0.5	0.5	
Total Niacin	* mg	5	5	5	
Total Pantoic Acid	* mg	0.5	0.5	0.5	
Total Pyridoxine	* mg	0.5	0.5	0.5	
Total Cyanocobalamin	* mcg	0.5	0.5	0.5	
Total Ascorbic Acid	* mg	5	5	5	
Total Tocopherol	* IU	10	10	10	
Total Phylloquinone	* mcg	10	10	10	
Total Secosteroid	* mcg	10	10	10	
Total Ergosterol	* mcg	10	10	10	
Total Steroid	* mcg	10	10	10	