



Recipe Analysis

Recipe ID: FS007

Description: BLACK BEAN AND CORN SALAD

Servings: 100

Serving Size: 1/2 CUP

Recipe Source: Boulder Valley School District

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	20,829.8312	100.0000	208.2983		
Food Energy	kcal	11,492.4219	55.1729	114.9242		
Saturated Fat	g	19.6634	0.0944	0.1966	1.54	
Sodium	mg	28,045.8263	134.6426	280.4583		
Total Trans	g					*
Total Fat	g	140.4972	0.6745	1.4050	11.00	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,272.8887	10.9117	22.7289	79.11	
Total Dietary Fiber	g	373.3539	1.7924	3.7335		
Protein	g	397.1416	1.9066	3.9714	13.82	
Vitamin A (IU)	IU	52,953.1178	254.2177	529.5312		
Vitamin C	mg	3,851.6857	18.4912	38.5169		
Calcium	mg	7,839.2237	37.6346	78.3922		
Iron	mg	121.5004	0.5833	1.2150		
Moisture	g	14,237.9187	68.3535	142.3792		*
Ash	g	122.8335	0.5897	1.2283		*

Trans Fat is displayed for informational purposes only.

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

REPORT CRITERIA:

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