



Recipe Analysis

Recipe ID: FS008

Description: BLACK BEAN EMPANADA

Servings: 100

Serving Size: 1 each

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	13,914.9960	100.0000	139.1500		
Food Energy	kcal	25,975.5822	186.6733	259.7558		
Saturated Fat	g	226.6196	1.6286	2.2662	7.85	
Sodium	mg	69,027.4945	496.0655	690.2749		
Total Trans	g					*
Total Fat	g	732.5410	5.2644	7.3254	25.38	
Cholesterol	mg	595.3531	4.2785	5.9535		
Carbohydrate	g	3,374.6231	24.2517	33.7462	51.97	
Total Dietary Fiber	g	522.6055	3.7557	5.2261		
Protein	g	1,414.5567	10.1657	14.1456	21.78	
Vitamin A (IU)	IU	11,487.4832	82.5547	114.8748		*
Vitamin C	mg	133.7231	0.9610	1.3372		*
Calcium	mg	13,212.4139	94.9509	132.1241		*
Iron	mg	53.2388	0.3826	0.5324		*
Moisture	g	4,753.7523	34.1628	47.5375		*
Ash	g	187.9916	1.3510	1.8799		*

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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