



## Recipe Analysis

**Recipe ID:** FS076

**Description:** BLACK BEAN EMPANADA PK

**Servings:** 100

**Serving Size:** 1/2 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	6,972.0933	100.0000	69.7209		
Food Energy	kcal	12,990.6413	186.3234	129.9064		
Saturated Fat	g	113.3105	1.6252	1.1331	7.85	
Sodium	mg	38,792.6992	556.3996	387.9270		
Total Trans	g					*
Total Fat	g	366.2719	5.2534	3.6627	25.38	
Cholesterol	mg	297.6735	4.2695	2.9767		
Carbohydrate	g	1,687.8322	24.2084	16.8783	51.97	
Total Dietary Fiber	g	261.4884	3.7505	2.6149		
Protein	g	707.4583	10.1470	7.0746	21.78	
Vitamin A (IU)	IU	5,743.7011	82.3813	57.4370		*
Vitamin C	mg	66.8624	0.9590	0.6686		*
Calcium	mg	6,609.9907	94.8064	66.0999		*
Iron	mg	26.6822	0.3827	0.2668		*
Moisture	g	2,379.4988	34.1289	23.7950		*
Ash	g	105.0346	1.5065	1.0503		*

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:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: