



Recipe Analysis

Recipe ID: LW006

Description: LISA'S BEAN SALAD

Servings: 64

Serving Size: 1/2 CUP

Recipe Source: Live Well

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	5,201.4940	100.0000	81.2733		
Food Energy	kcal	3,360.4512	64.6055	52.5071		
Saturated Fat	g	1.7945	0.0345	0.0280	0.48	
Sodium	mg	25,945.3486	498.8057	405.3961		
Total Trans	g					*
Total Fat	g	17.1077	0.3289	0.2673	4.58	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	624.9543	12.0149	9.7649	74.39	
Total Dietary Fiber	g	168.6688	3.2427	2.6355		
Protein	g	185.0015	3.5567	2.8906	22.02	
Vitamin A (IU)	IU	26,232.3670	504.3237	409.8807		
Vitamin C	mg	704.5476	13.5451	11.0086		
Calcium	mg	2,630.8793	50.5793	41.1075		
Iron	mg	61.6689	1.1856	0.9636		
Moisture	g	2,106.4022	40.4961	32.9125		*
Ash	g	61.8770	1.1896	0.9668		*

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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