



## Recipe Analysis

**Recipe ID:** MB011

**Description:** BEEF NACHOS ELEM

**Servings:** 60

**Serving Size:** 1 SERVING (3 OZ)

**Recipe Source:** Cook Book

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	6,804.0000	100.0000	113.4000		
Food Energy	kcal	17,792.3920	261.4990	296.5399		
Saturated Fat	g	263.8727	3.8782	4.3979	13.35	
Sodium	mg	30,132.6571	442.8668	502.2110		
Total Trans	g	33.8431	0.4974	0.5641		*
Total Fat	g	919.1456	13.5089	15.3191	46.49	
Cholesterol	mg	2,461.3878	36.1756	41.0231		
Carbohydrate	g	1,351.5738	19.8644	22.5262	30.39	
Total Dietary Fiber	g	165.9087	2.4384	2.7651		
Protein	g	833.5308	12.2506	13.8922	18.74	
Vitamin A (IU)	IU	18,777.8765	275.9829	312.9646		
Vitamin C	mg	61.6510	0.9061	1.0275		
Calcium	mg	4,239.4635	62.3084	70.6577		
Iron	mg	128.7113	1.8917	2.1452		
Moisture	g	3,024.0582	44.4453	50.4010		*
Ash	g	33.5641	0.4933	0.5594		*

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: