



Recipe Analysis

Recipe ID: MV030

Description: ENCHILADA CHEESE K-8

Servings: 100

Serving Size: 1 ENCHILADA

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	23,884.8960	100.0000	238.8490		
Food Energy	kcal	35,175.6685	147.2716	351.7567		
Saturated Fat	g	803.6073	3.3645	8.0361	20.56	
Sodium	mg	71,744.2564	300.3750	717.4426		
Total Trans	g					*
Total Fat	g	1,503.6975	6.2956	15.0370	38.47	
Cholesterol	mg	3,969.0009	16.6172	39.6900		
Carbohydrate	g	4,180.1195	17.5011	41.8012	47.53	
Total Dietary Fiber	g	538.7716	2.2557	5.3877		
Protein	g	1,524.9551	6.3846	15.2496	17.34	
Vitamin A (IU)	IU	1,083,222.4054	4,535.1774	10,832.2241		
Vitamin C	mg	1,265.8278	5.2997	12.6583		
Calcium	mg	34,519.0011	144.5223	345.1900		
Iron	mg	228.3157	0.9559	2.2832		
Moisture	g	10,763.7762	45.0652	107.6378		*
Ash	g	312.4861	1.3083	3.1249		*

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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