



## Recipe Analysis

**Recipe ID:** MV032

**Description:** ENCHILADA CHEESE 9-12

**Servings:** 100

**Serving Size:** 2 ENCHILADAS

**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	47,766.2815	100.0000	477.6628		
Food Energy	kcal	70,356.8189	147.2939	703.5682		
Saturated Fat	g	1,607.1921	3.3647	16.0719	20.56	
Sodium	mg	138,076.0315	289.0659	1,380.7603		
Total Trans	g					*
Total Fat	g	3,007.3651	6.2960	30.0737	38.47	
Cholesterol	mg	7,937.9917	16.6184	79.3799		
Carbohydrate	g	8,361.3920	17.5048	83.6139	47.54	
Total Dietary Fiber	g	1,077.8939	2.2566	10.7789		
Protein	g	3,050.1637	6.3856	30.5016	17.34	
Vitamin A (IU)	IU	2,166,775.2078	4,536.2024	21,667.7521		
Vitamin C	mg	2,532.9981	5.3029	25.3300		
Calcium	mg	69,036.6544	144.5301	690.3665		
Iron	mg	456.6457	0.9560	4.5665		
Moisture	g	21,531.2246	45.0762	215.3122		*
Ash	g	611.0740	1.2793	6.1107		*

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: