



Recipe Analysis

Recipe ID: MV045

Description: QUESADILLA BEAN AND CHEES 9-12

Servings: 75

Serving Size: 1 QUESADILLA

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	13,142.8826	100.0000	175.2384		
Food Energy	kcal	31,855.3640	242.3773	424.7382		
Saturated Fat	g	678.7773	5.1646	9.0504	19.18	
Sodium	mg	75,018.3384	570.7906	1,000.2445		
Total Trans	g					*
Total Fat	g	1,400.3084	10.6545	18.6708	39.56	
Cholesterol	mg	3,363.7237	25.5935	44.8496		
Carbohydrate	g	3,770.0490	28.6851	50.2673	47.34	
Total Dietary Fiber	g	286.1468	2.1772	3.8153		
Protein	g	1,443.2988	10.9816	19.2440	18.12	
Vitamin A (IU)	IU	44,942.4025	341.9524	599.2320		
Vitamin C	mg	422.6751	3.2160	5.6357		
Calcium	mg	29,895.3528	227.4642	398.6047		
Iron	mg	314.8640	2.3957	4.1982		
Moisture	g	1,188.2086	9.0407	15.8428		*
Ash	g	172.0666	1.3092	2.2942		*

Trans Fat is displayed for informational purposes only.

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

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