



Recipe Analysis

Recipe ID: MV070

Description: BURRITO BEAN N CHEESE

Servings: 30

Serving Size: 1 BURRITO

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	6,267.8550	100.0000	208.9285		
Food Energy	kcal	10,591.6533	168.9837	353.0551		
Saturated Fat	g	38.3154	0.6113	1.2772	3.26	
Sodium	mg	28,531.4828	455.2033	951.0494		
Total Trans	g					*
Total Fat	g	188.7314	3.0111	6.2910	16.04	
Cholesterol	mg	178.6025	2.8495	5.9534		
Carbohydrate	g	1,810.6580	28.8880	60.3553	68.38	
Total Dietary Fiber	g	184.3690	2.9415	6.1456		
Protein	g	545.1655	8.6978	18.1722	20.59	
Vitamin A (IU)	IU	3,552.6265	56.6801	118.4209		
Vitamin C	mg	83.6571	1.3347	2.7886		
Calcium	mg	6,227.5464	99.3569	207.5849		
Iron	mg	104.4726	1.6668	3.4824		
Moisture	g	1,131.5797	18.0537	37.7193		*
Ash	g	63.6187	1.0150	2.1206		*

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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