



Recipe Analysis

Recipe ID: MV071

Description: BURRITO BEAN N CHEESE 1/2

Servings: 2

Serving Size: .5 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	208.9285	100.0000	104.4643		
Food Energy	kcal	353.0551	168.9837	176.5276		
Saturated Fat	g	1.2772	0.6113	0.6386	3.26	
Sodium	mg	951.0494	455.2033	475.5247		
Total Trans	g					*
Total Fat	g	6.2910	3.0111	3.1455	16.04	
Cholesterol	mg	5.9534	2.8495	2.9767		
Carbohydrate	g	60.3553	28.8880	30.1776	68.38	
Total Dietary Fiber	g	6.1456	2.9415	3.0728		
Protein	g	18.1722	8.6978	9.0861	20.59	
Vitamin A (IU)	IU	118.4209	56.6801	59.2104		
Vitamin C	mg	2.7886	1.3347	1.3943		
Calcium	mg	207.5849	99.3569	103.7924		
Iron	mg	3.4824	1.6668	1.7412		
Moisture	g	37.7193	18.0537	18.8597		*
Ash	g	2.1206	1.0150	1.0603		*

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: