



Recipe Analysis

Recipe ID: MV401

Description: BLACK BEAN VEGGIE BURGER

Servings: 100

Serving Size: 4 OZ

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	16,825.0626	100.0000	168.2506		
Food Energy	kcal	40,915.1704	243.1799	409.1517		
Saturated Fat	g	51.4342	0.3057	0.5143	1.13	
Sodium	mg	81,986.9485	487.2906	819.8695		
Total Trans	g					*
Total Fat	g	592.1413	3.5194	5.9214	13.03	
Cholesterol	mg	2,619.5445	15.5693	26.1954		
Carbohydrate	g	7,735.6086	45.9767	77.3561	75.63	
Total Dietary Fiber	g	835.3980	4.9652	8.3540		
Protein	g	1,269.3332	7.5443	12.6933	12.41	
Vitamin A (IU)	IU	14,152.7379	84.1170	141.5274		
Vitamin C	mg	1,099.9385	6.5375	10.9994		
Calcium	mg	8,241.2690	48.9821	82.4127		
Iron	mg	245.1580	1.4571	2.4516		
Moisture	g	4,340.0585	25.7952	43.4006		*
Ash	g	121.4601	0.7219	1.2146		*

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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