



Recipe Analysis

Recipe ID: SA621

Description: THREE BEAN SALAD

Servings: 48

Serving Size: 1/2 cup

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	10,658.7162	100.0000	222.0566		
Food Energy	kcal	8,623.7754	80.9082	179.6620		
Saturated Fat	g	32.4771	0.3047	0.6766	3.39	
Sodium	mg	20,413.5946	191.5202	425.2832		
Total Trans	g					*
Total Fat	g	240.7697	2.2589	5.0160	25.13	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,373.8232	12.8892	28.6213	63.72	
Total Dietary Fiber	g	238.2436	2.2352	4.9634		
Protein	g	277.5103	2.6036	5.7815	12.87	
Vitamin A (IU)	IU	8,464.2464	79.4115	176.3385		
Vitamin C	mg	1,474.0365	13.8294	30.7091		
Calcium	mg	2,524.2505	23.6825	52.5886		
Iron	mg	87.2949	0.8190	1.8186		
Moisture	g	7,405.2283	69.4758	154.2756		*
Ash	g	72.2235	0.6776	1.5047		*

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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