



## Recipe Analysis

**Recipe ID:** SI513

**Description:** SIDE BLACK BEANS

**Servings:** 84

**Serving Size:** 2 OZ

**Recipe Source:** Boulder Valley School District

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	4,283.3220	100.0000	50.9919		
Food Energy	kcal	3,419.5858	79.8349	40.7094		
Saturated Fat	g	0.1371	0.0032	0.0016	0.04	
Sodium	mg	26,580.9856	620.5694	316.4403		
Total Trans	g					*
Total Fat	g	1.0708	0.0250	0.0127	0.28	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	625.2622	14.5976	7.4436	73.14	
Total Dietary Fiber	g	210.0370	4.9036	2.5004		
Protein	g	212.8511	4.9693	2.5339	24.90	
Vitamin A (IU)	IU	846.3073	19.7582	10.0751		
Vitamin C	mg	50.2991	1.1743	0.5988		
Calcium	mg	1,470.3359	34.3270	17.5040		
Iron	mg	34.0310	0.7945	0.4051		
Moisture	g	3,072.3369	71.7279	36.5754		*
Ash	g	92.3356	2.1557	1.0992		*

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: