



Recipe Analysis

Recipe ID: MB402

Description: BEEF BURGER SEC 4 OZ

Servings: 40

Serving Size: 1 SANDWICH

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	6,807.9080	100.0000	170.1977		
Food Energy	kcal	20,152.4016	296.0146	503.8100		
Saturated Fat	g	266.0803	3.9084	6.6520	11.88	
Sodium	mg	26,128.5739	383.7974	653.2143		
Total Trans	g	42.4133	0.6230	1.0603		*
Total Fat	g	800.3989	11.7569	20.0100	35.75	
Cholesterol	mg	3,084.4793	45.3073	77.1120		
Carbohydrate	g	2,000.0000	29.3776	50.0000	39.70	
Total Dietary Fiber	g	199.9959	2.9377	4.9999		
Protein	g	1,163.2400	17.0866	29.0810	23.09	
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		
Vitamin C	mg	0.0000	0.0000	0.0000		
Calcium	mg	681.3490	10.0082	17.0337		
Iron	mg	152.4154	2.2388	3.8104		
Moisture	g	2,981.0672	43.7883	74.5267		
Ash	g	45.2317	0.6644	1.1308		

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: