



## Recipe Analysis

**Recipe ID:** MV044

**Description:** QUESADILLA BEAN AND CHEESE K-8

**Servings:** 300

**Serving Size:** 1/2 QUESADILLA

**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	27,933.5400	100.0000	93.1118		
Food Energy	kcal	71,307.2325	255.2746	237.6908		
Saturated Fat	g	1,796.8529	6.4326	5.9895	22.68	
Sodium	mg	161,040.4615	576.5129	536.8015		
Total Trans	g					*
Total Fat	g	3,450.7419	12.3534	11.5025	43.55	
Cholesterol	mg	8,930.2410	31.9696	29.7675		
Carbohydrate	g	7,456.5233	26.6938	24.8551	41.83	
Total Dietary Fiber	g	549.2572	1.9663	1.8309		
Protein	g	3,369.2039	12.0615	11.2307	18.90	
Vitamin A (IU)	IU	107,577.5375	385.1196	358.5918		
Vitamin C	mg	802.6423	2.8734	2.6755		
Calcium	mg	72,931.9869	261.0911	243.1066		
Iron	mg	509.0608	1.8224	1.6969		
Moisture	g	3,131.1543	11.2093	10.4372		*
Ash	g	411.2096	1.4721	1.3707		*

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: