

# RECIPE ANALYSIS

Recipe Name : A-80  
Serving Size : 1 EACH

Recipe Desc : Shredded Beef burrito  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 718.98</b>	<b>Calories from Fat 374.39</b>	
% Daily Value		
<b>Total Fat</b>	<b>41.60 g</b>	<b>64%</b>
Saturated	14.31 g	72%
PolyUnSat	0.19 g	n/a
MonoUnSat	1.57 g	n/a
<b>Cholesterol</b>	<b>128.08 mg</b>	<b>43%</b>
<b>Sodium</b>	<b>1386.12 mg</b>	<b>58%</b>
<b>Potassium</b>	<b>2.61 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>46.06 g</b>	<b>15%</b>
Dietary Fiber	2.34 g	9%
Sugars	2.29 g	n/a
<b>Protein</b>	<b>42.03 g</b>	
Vitamin A - 2%	Vitamin C - 3%	
Calcium - 7%	Iron - 17%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.007 mcg
Vitamin A	116.428 IU
Vitamin A	23.286 RE

Water Soluble Vitamins	
Thiamin B1	0.001 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.001 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.957 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.529 mg
Zinc	0.006 mg
Magnesium	0.181 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	3.141 mg
Calcium	70.762 mg
Manganese	0.002 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories

