

RECIPE ANALYSIS

Recipe Name : A-37
Serving Size : 1 Burrito

Recipe Desc : Wet Burrito
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 Burrito		
Amount Per Serving		
Calories 622.87	Calories from Fat 290.54	
% Daily Value		
Total Fat	32.28 g	50%
Saturated	15.47 g	77%
PolyUnSat	0.57 g	n/a
MonoUnSat	5.51 g	n/a
Cholesterol	84.60 mg	28%
Sodium	1752.07 mg	73%
Potassium	54.05 mg	2%
Total Carbs	54.21 g	18%
Dietary Fiber	3.36 g	13%
Sugars	2.73 g	n/a
Protein	29.38 g	
Vitamin A - 21%	Vitamin C - 9%	
Calcium - 47%	Iron - 20%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 15%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 28%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	1071.633 IU
Vitamin A	214.327 RE

Water Soluble Vitamins	
Thiamin B1	0.080 mg
Riboflavin B2	0.253 mg
Niacin B3	0.000 NE
Niacin B3	0.461 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	5.347 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	278.114 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	3.612 mg
Calcium	469.962 mg
Manganese	0.000 mg
Iodine	0.000 mcg

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

