

RECIPE ANALYSIS

Recipe Name : B-09
Serving Size : 2 EACH

Recipe Desc : Black Bean & Pork Enchiladas
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 each		
Amount Per Serving		
Calories 2298.69	Calories from Fat 721.39	
% Daily Value		
Total Fat	80.15 g	123%
Saturated	29.07 g	145%
PolyUnSat	2.47 g	n/a
MonoUnSat	4.43 g	n/a
Cholesterol	207.43 mg	69%
Sodium	9446.78 mg	394%
Potassium	1451.83 mg	41%
Total Carbs	281.44 g	94%
Dietary Fiber	50.66 g	203%
Sugars	84.33 g	n/a
Protein	106.70 g	
Vitamin A - 73%	Vitamin C - 89%	
Calcium - 84%	Iron - 146%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 73%	Niacin - 32%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 23%	Magnesium - 1%	
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	0.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.102 mcg
Vitamin A	3647.880 IU
Vitamin A	729.530 RE

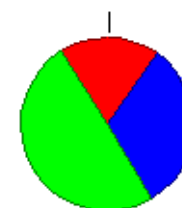
Water Soluble Vitamins	
Thiamin B1	0.270 mg
Riboflavin B2	1.243 mg
Niacin B3	n/a
Niacin B3	6.372 mg
Pyridoxine B6	0.041 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	53.501 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	229.818 mg
Zinc	0.045 mg
Magnesium	2.722 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	26.289 mg
Calcium	835.799 mg
Manganese	0.036 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.