

RECIPE ANALYSIS

Recipe Name : G-48
Serving Size : 1 burrito

Recipe Desc : Meatless Wet Burrito
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 burrito		
Amount Per Serving		
Calories 423.74	Calories from Fat 119.26	
% Daily Value		
Total Fat	13.25 g	20%
Saturated	5.33 g	27%
PolyUnSat	0.84 g	n/a
MonoUnSat	3.63 g	n/a
Cholesterol	18.54 mg	6%
Sodium	1566.94 mg	65%
Potassium	359.32 mg	10%
Total Carbs	57.35 g	19%
Dietary Fiber	5.55 g	22%
Sugars	4.93 g	n/a
Protein	16.60 g	
Vitamin A - 21%	Vitamin C - 60%	
Calcium - 26%	Iron - 10%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 7%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 15%	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		

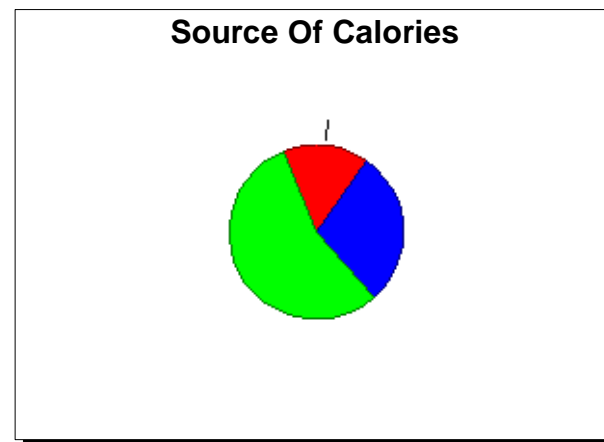
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.002 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	1064.576 IU
Vitamin A	212.916 RE

Water Soluble Vitamins	
Thiamin B1	0.141 mg
Riboflavin B2	0.127 mg
Niacin B3	n/a
Niacin B3	0.345 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	36.079 mg
Folic Acid	0.127 mcg

Minerals	
Phosphorus	154.826 mg
Zinc	0.002 mg
Magnesium	0.131 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.800 mg
Calcium	262.175 mg
Manganese	0.000 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



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.