NUTRIENT ANALYSIS

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac	Vit C
		g	g	g	g	g	mg	mg	mg	RE	mg	mg	mg	mg
Beans														
Orig Recipe														
Totals:	176.31 g	90.83	17.56	0.86	0.23	4.42	837.6	28.12	1.44	60.88	0.12	0.08	1.4	
% of theDRI			6%	1%	1%	9%	35%	3%	8%	6%	8%	5%	7%	
Beans														
Modified Rec.														
Totals:	189.01 g	109.9	21.03	0.97	0.21	5.46	146.3	14..78	0.79	61.04	0.14	0.11	1.47	
% of the DRI			7%	1%	1%	11%	6%	1%	4%	6	9%	6%	7%	
Totals														

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% of the DRI														

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Zinc	Folic	Fiber
mg	mg	g
0.58		3.47
4%		14%
0.69		6.37
5%		25%

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