

## Basic Report 21064, Fast foods, burrito, with beans, cheese, and beef

Report Date: August 24, 2019 01:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 burrito 241g
<b>Proximates</b>			
Water	g	60.90	146.77
Energy	kcal	180	434
Protein	g	7.03	16.94
Total lipid (fat)	g	6.80	16.39
Carbohydrate, by difference	g	23.37	56.32
Fiber, total dietary	g	3.7	8.9
Sugars, total	g	2.10	5.06
<b>Minerals</b>			
Calcium, Ca	mg	90	217
Iron, Fe	mg	1.82	4.39
Magnesium, Mg	mg	23	55
Phosphorus, P	mg	131	316
Potassium, K	mg	204	492
Sodium, Na	mg	451	1087
Zinc, Zn	mg	0.88	2.12
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.3	3.1
Thiamin	mg	0.213	0.513
Riboflavin	mg	0.223	0.537
Niacin	mg	2.090	5.037
Vitamin B-6	mg	0.097	0.234
Folate, DFE	µg	67	161
Vitamin B-12	µg	0.27	0.65
Vitamin A, RAE	µg	52	125
Vitamin A, IU	IU	277	668
Vitamin E (alpha-tocopherol)	mg	0.28	0.67

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 burrito 241g</b>
Vitamin D (D2 + D3)	µg	0.1	0.2
Vitamin D	IU	3	7
Vitamin K (phylloquinone)	µg	6.1	14.7
<b>Lipids</b>			
Fatty acids, total saturated	g	2.733	6.587
Fatty acids, total monounsaturated	g	1.803	4.345
Fatty acids, total polyunsaturated	g	1.575	3.796
Fatty acids, total trans	g	0.151	0.364
Cholesterol	mg	12	29
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0