

RECIPE ANALYSIS

Recipe Name : A-13
Serving Size : 4 oz

Recipe Desc : Beef Chimichanga
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4 oz		
Amount Per Serving		
Calories 650.43	Calories from Fat 347.11	
% Daily Value		
Total Fat	38.57 g	59%
Saturated	13.04 g	65%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.04 g	n/a
Cholesterol	84.10 mg	28%
Sodium	1406.45 mg	59%
Potassium	23.74 mg	1%
Total Carbs	49.67 g	17%
Dietary Fiber	3.52 g	14%
Sugars	7.08 g	n/a
Protein	23.67 g	
Vitamin A - 24%	Vitamin C - 59%	
Calcium - 9%	Iron - 14%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	0.055 mcg
Vitamin A	1206.741 IU
Vitamin A	241.348 RE

Water Soluble Vitamins	
Thiamin B1	0.082 mg
Riboflavin B2	0.043 mg
Niacin B3	0.000 NE
Niacin B3	0.532 mg
Pyridoxine B6	0.022 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	35.303 mg
Folic Acid	3.402 mcg

Minerals	
Phosphorus	6.389 mg
Zinc	0.030 mg
Magnesium	1.666 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.529 mg
Calcium	90.355 mg
Manganese	0.019 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

