

RECIPE ANALYSIS

Recipe Name : A-74
Serving Size : 1cmix,1/2c rice

Recipe Desc : Beef Chop Suey over Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1cmix,1/2c rice		
Amount Per Serving		
Calories 346.24	Calories from Fat 70.30	
% Daily Value		
Total Fat	7.81 g	12%
Saturated	2.39 g	12%
PolyUnSat	1.19 g	n/a
MonoUnSat	1.72 g	n/a
Cholesterol	34.62 mg	12%
Sodium	416.63 mg	17%
Potassium	246.18 mg	7%
Total Carbs	49.93 g	17%
Dietary Fiber	1.63 g	7%
Sugars	2.54 g	n/a
Protein	18.07 g	
Vitamin A - 7%	Vitamin C - 43%	
Calcium - 4%	Iron - 17%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 14%	Niacin - 6%	
Vitamin B6 - 7%	Folic Acid - 22%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 4%	Magnesium - 3%	
Zinc - 20%	Copper - 6%	
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	0.533 mcg
Vitamin D	23.507 IU
Vitamin E	0.000 mg
Vitamin E	0.003 IU
Vitamin E	0.084 alp
Vitamin K	9.765 mcg
Vitamin A	368.372 IU
Vitamin A	73.674 RE

Water Soluble Vitamins	
Thiamin B1	0.329 mg
Riboflavin B2	0.246 mg
Niacin B3	n/a
Niacin B3	1.297 mg
Pyridoxine B6	0.132 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.450 mg
Vitamin C	25.849 mg
Folic Acid	89.706 mcg

Minerals	
Phosphorus	41.296 mg
Zinc	3.068 mg
Magnesium	10.091 mg
Copper	0.116 mg
Selenium	2.607 mg
Iron	3.142 mg
Calcium	44.018 mg
Manganese	0.099 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

