

RECIPE ANALYSIS

Recipe Name : A-78
Serving Size : 1 EACH

Recipe Desc : Beef Empanadas
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 806.03	Calories from Fat 490.51	
	% Daily Value	
Total Fat	54.50 g	84%
Saturated	23.51 g	118%
PolyUnSat	1.85 g	n/a
MonoUnSat	18.71 g	n/a
Cholesterol	201.18 mg	67%
Sodium	652.31 mg	27%
Potassium	675.47 mg	19%
Total Carbs	36.33 g	12%
Dietary Fiber	4.83 g	19%
Sugars	2.78 g	n/a
Protein	43.44 g	
Vitamin A - 20%	Vitamin C - 8%	
Calcium - 38%	Iron - 23%	
Vitamin E - n/a	Thiamin - 13%	
Riboflavin - 29%	Niacin - 25%	
Vitamin B6 - 29%	Folic Acid - 4%	
Vitamin B12 - 67%	Pantothenic Acid - 2%	
Phosphorous - 50%	Magnesium - 8%	
Zinc - 34%	Copper - 2%	
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	0.519 mcg
Vitamin D	20.640 IU
Vitamin E	0.912 mg
Vitamin E	n/a
Vitamin E	0.912 alp
Vitamin K	n/a
Vitamin A	999.765 IU
Vitamin A	199.870 RE

Water Soluble Vitamins	
Thiamin B1	0.193 mg
Riboflavin B2	0.491 mg
Niacin B3	n/a
Niacin B3	5.025 mg
Pyridoxine B6	0.571 mg
Cobalamin B12	4.050 mcg
Pantothenic Acid	0.195 mg
Vitamin C	4.530 mg
Folic Acid	16.391 mcg

Minerals	
Phosphorus	495.083 mg
Zinc	5.170 mg
Magnesium	30.399 mg
Copper	0.045 mg
Selenium	23.664 mg
Iron	4.168 mg
Calcium	375.068 mg
Manganese	0.057 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

