

RECIPE ANALYSIS

Recipe Name : A-65
Serving Size : 1 enchilada

Recipe Desc : Beef Enchiladas
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 enchilada		
Amount Per Serving		
Calories 432.15	Calories from Fat 255.78	
	% Daily Value	
Total Fat	28.42 g	44%
Saturated	12.24 g	61%
PolyUnSat	2.10 g	n/a
MonoUnSat	12.54 g	n/a
Cholesterol	87.78 mg	29%
Sodium	470.89 mg	20%
Potassium	345.81 mg	10%
Total Carbs	16.15 g	5%
Dietary Fiber	0.03 g	0%
Sugars	0.17 g	n/a
Protein	25.37 g	
Vitamin A - 4%	Vitamin C - 0%	
Calcium - 9%	Iron - 18%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 17%	Niacin - 24%	
Vitamin B6 - 22%	Folic Acid - 2%	
Vitamin B12 - 54%	Pantothenic Acid - 0%	
Phosphorous - 25%	Magnesium - 5%	
Zinc - 27%	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	0.270 mcg
Vitamin D	10.700 IU
Vitamin E	0.760 mg
Vitamin E	0.001 IU
Vitamin E	0.760 alp
Vitamin K	n/a
Vitamin A	187.704 IU
Vitamin A	37.541 RE

Water Soluble Vitamins	
Thiamin B1	0.244 mg
Riboflavin B2	0.296 mg
Niacin B3	n/a
Niacin B3	4.762 mg
Pyridoxine B6	0.431 mg
Cobalamin B12	3.250 mcg
Pantothenic Acid	0.001 mg
Vitamin C	0.217 mg
Folic Acid	7.042 mcg

Minerals	
Phosphorus	249.761 mg
Zinc	4.101 mg
Magnesium	20.414 mg
Copper	0.000 mg
Selenium	15.870 mg
Iron	3.315 mg
Calcium	88.797 mg
Manganese	0.010 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

