

RECIPE ANALYSIS

Recipe Name : A-18
Serving Size : 6oz mt,1 tortil

Recipe Desc : Beef Fajita
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6oz mt,1 tortil		
Amount Per Serving		
Calories 335.10	Calories from Fat 128.39	
% Daily Value		
Total Fat	14.27 g	22%
Saturated	4.64 g	23%
PolyUnSat	1.03 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	62.58 mg	21%
Sodium	1812.86 mg	76%
Potassium	66.39 mg	2%
Total Carbs	23.82 g	8%
Dietary Fiber	1.08 g	4%
Sugars	6.18 g	n/a
Protein	22.70 g	
Vitamin A - 32%	Vitamin C - 72%	
Calcium - 1%	Iron - 7%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 5%	Niacin - 6%	
Vitamin B6 - 3%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.051 mcg
Vitamin A	1597.489 IU
Vitamin A	319.498 RE

Water Soluble Vitamins	
Thiamin B1	0.138 mg
Riboflavin B2	0.078 mg
Niacin B3	n/a
Niacin B3	1.284 mg
Pyridoxine B6	0.062 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.015 mg
Vitamin C	43.222 mg
Folic Acid	3.011 mcg

Minerals	
Phosphorus	7.106 mg
Zinc	0.046 mg
Magnesium	2.863 mg
Copper	0.011 mg
Selenium	0.000 mg
Iron	1.247 mg
Calcium	13.113 mg
Manganese	0.043 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

