

RECIPE ANALYSIS

Recipe Name : A-53
Serving Size : 1 EACH

Recipe Desc : Beef Kabobs
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 517.15	Calories from Fat 315.47	
% Daily Value		
Total Fat	35.05 g	54%
Saturated	11.16 g	56%
PolyUnSat	0.90 g	n/a
MonoUnSat	9.81 g	n/a
Cholesterol	94.95 mg	32%
Sodium	530.42 mg	22%
Potassium	595.43 mg	17%
Total Carbs	21.76 g	7%
Dietary Fiber	1.90 g	8%
Sugars	16.20 g	n/a
Protein	27.95 g	
Vitamin A - 48%	Vitamin C - 199%	
Calcium - 3%	Iron - 21%	
Vitamin E - n/a	Thiamin - 13%	
Riboflavin - 19%	Niacin - 24%	
Vitamin B6 - 35%	Folic Acid - 5%	
Vitamin B12 - 68%	Pantothenic Acid - 5%	
Phosphorous - 28%	Magnesium - 9%	
Zinc - 35%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.142 mcg
Vitamin A	2394.847 IU
Vitamin A	478.969 RE

Water Soluble Vitamins	
Thiamin B1	0.194 mg
Riboflavin B2	0.322 mg
Niacin B3	0.000 NE
Niacin B3	4.774 mg
Pyridoxine B6	0.701 mg
Cobalamin B12	4.100 mcg
Pantothenic Acid	0.480 mg
Vitamin C	119.182 mg
Folic Acid	18.216 mcg

Minerals	
Phosphorus	278.141 mg
Zinc	5.212 mg
Magnesium	35.910 mg
Copper	0.125 mg
Selenium	0.000 mg
Iron	3.709 mg
Calcium	30.623 mg
Manganese	0.093 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

