

RECIPE ANALYSIS

Recipe Name : A-76
Serving Size : 16 OZ

Recipe Desc : Beef Lo Mein
Prep Time :

Author :
Cook Time :

Yield : 42

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 16 oz | | |
| Amount Per Serving | | |
| Calories 680.87 | Calories from Fat 193.25 | |
| % Daily Value | | |
| Total Fat | 21.47 g | 33% |
| Saturated | 5.44 g | 27% |
| PolyUnSat | 0.36 g | n/a |
| MonoUnSat | 0.11 g | n/a |
| Cholesterol | 41.33 mg | 14% |
| Sodium | 2004.06 mg | 84% |
| Potassium | 577.17 mg | 16% |
| Total Carbs | 95.46 g | 32% |
| Dietary Fiber | 4.08 g | 16% |
| Sugars | 56.03 g | n/a |
| Protein | 22.74 g | |
| Vitamin A - 75% | Vitamin C - 52% | |
| Calcium - 6% | Iron - 24% | |
| Vitamin E - n/a | Thiamin - 39% | |
| Riboflavin - 23% | Niacin - 32% | |
| Vitamin B6 - 10% | Folic Acid - 39% | |
| Vitamin B12 - 0% | Pantothenic Acid - 1% | |
| Phosphorous - 11% | Magnesium - 9% | |
| Zinc - 6% | Copper - 10% | |
| 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 | 0.001 mg |
| Vitamin E | n/a |
| Vitamin E | 0.000 alp |
| Vitamin K | 2.260 mcg |
| Vitamin A | 3739.432 IU |
| Vitamin A | 574.155 RE |

| Water Soluble Vitamins | |
|------------------------|-------------|
| Thiamin B1 | 0.580 mg |
| Riboflavin B2 | 0.386 mg |
| Niacin B3 | n/a |
| Niacin B3 | 6.357 mg |
| Pyridoxine B6 | 0.194 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.146 mg |
| Vitamin C | 31.200 mg |
| Folic Acid | 156.985 mcg |

| Minerals | |
|------------|------------|
| Phosphorus | 114.544 mg |
| Zinc | 0.931 mg |
| Magnesium | 37.531 mg |
| Copper | 0.192 mg |
| Selenium | 0.013 mg |
| Iron | 4.283 mg |
| Calcium | 60.841 mg |
| Manganese | 0.279 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

