

# RECIPE ANALYSIS

Recipe Name : A-07  
Serving Size : 8 oz.

Recipe Desc : Beef Pot Pie  
Prep Time :

Author :  
Cook Time :

Yield : 95

| Nutrition Information                                   |                                 |            |
|---|---------------------------------|------------|
| Serving Size: 8 oz.                                     |                                 |            |
| Amount Per Serving                                      |                                 |            |
| <b>Calories 654.38</b>                                  | <b>Calories from Fat 371.40</b> |            |
| % Daily Value   |                                 |            |
| <b>Total Fat</b>  | <b>41.27 g</b>                  | <b>63%</b> |
| Saturated   | 10.92 g                         | 55%        |
| PolyUnSat   | 11.01 g                         | n/a        |
| MonoUnSat   | 13.13 g                         | n/a        |
| <b>Cholesterol</b>                                      | <b>56.52 mg</b>                 | <b>19%</b> |
| <b>Sodium</b>   | <b>866.07 mg</b>                | <b>36%</b> |
| <b>Potassium</b>  | <b>65.37 mg</b>                 | <b>2%</b>  |
| <b>Total Carbs</b>                                      | <b>39.64 g</b>                  | <b>13%</b> |
| Dietary Fiber   | 2.77 g                          | 11%        |
| Sugars  | 2.22 g                          | n/a        |
| <b>Protein</b>  | <b>24.20 g</b>                  |            |
| Vitamin A - 13%   | Vitamin C - 4%                  |            |
| Calcium - 1%  | Iron - 12%                      |            |
| Vitamin E - n/a   | Thiamin - 18%                   |            |
| Riboflavin - 10%  | Niacin - 12%                    |            |
| Vitamin B6 - 0%   | Folic Acid - 16%                |            |
| Vitamin B12 - 0%  | Pantothenic Acid - 0%           |            |
| Phosphorous - 5%  | Magnesium - 0%                  |            |
| Zinc - 0%   | 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            | 0.000 mcg  |
| Vitamin D            | n/a        |
| Vitamin E            | 0.000 mg   |
| Vitamin E            | n/a        |
| Vitamin E            | n/a        |
| Vitamin K            | n/a        |
| Vitamin A            | 626.537 IU |
| Vitamin A            | 125.307 RE |

| Water Soluble Vitamins |            |
|------------------------|------------|
| Thiamin B1             | 0.275 mg   |
| Riboflavin B2          | 0.175 mg   |
| Niacin B3              | n/a        |
| Niacin B3              | 2.330 mg   |
| Pyridoxine B6          | 0.002 mg   |
| Cobalamin B12          | 0.000 mcg  |
| Pantothenic Acid       | 0.021 mg   |
| Vitamin C              | 2.685 mg   |
| Folic Acid             | 64.936 mcg |

| Minerals   |            |
|------------|------------|
| Phosphorus | 46.028 mg  |
| Zinc       | 0.047 mg   |
| Magnesium  | 1.467 mg   |
| Copper     | 0.007 mg   |
| Selenium   | 0.000 mg   |
| Iron       | 2.108 mg   |
| Calcium    | 9.963 mg   |
| Manganese  | 0.033 mg   |
| Iodine     | 59.820 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 |

Source Of Calories

