

RECIPE ANALYSIS

Recipe Name : A-77
Serving Size : 6 OZ

Recipe Desc : Satay Beef
Prep Time :

Author :
Cook Time :

Yield : 107

Nutrition Information		
Serving Size: 6 oz		
Amount Per Serving		
Calories 467.92	Calories from Fat 207.88	
% Daily Value		
Total Fat	23.10 g	36%
Saturated	9.17 g	46%
PolyUnSat	2.58 g	n/a
MonoUnSat	7.86 g	n/a
Cholesterol	85.98 mg	29%
Sodium	1518.65 mg	63%
Potassium	138.43 mg	4%
Total Carbs	28.02 g	9%
Dietary Fiber	2.50 g	10%
Sugars	4.62 g	n/a
Protein	35.22 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 2%	Iron - 19%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 18%	Niacin - 24%	
Vitamin B6 - n/a	Folic Acid - 4%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 1%	Magnesium - n/a	
Zinc - 50%	Copper - n/a	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	1.610 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	0.000 IU
Vitamin A	0.000 RE

Water Soluble Vitamins	
Thiamin B1	0.112 mg
Riboflavin B2	0.299 mg
Niacin B3	n/a
Niacin B3	4.776 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.006 mg
Folic Acid	17.792 mcg

Minerals	
Phosphorus	8.075 mg
Zinc	7.477 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	3.467 mg
Calcium	16.180 mg
Manganese	n/a
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

