

# RECIPE ANALYSIS

Recipe Name : A-08  
Serving Size : 10 oz.

Recipe Desc : Beef Stew with Vegetables  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 10 oz.		
Amount Per Serving		
<b>Calories 368.06</b>	<b>Calories from Fat 137.83</b>	
	% Daily Value	
<b>Total Fat</b>	<b>15.31 g</b>	<b>24%</b>
Saturated	7.00 g	35%
PolyUnSat	0.27 g	n/a
MonoUnSat	0.37 g	n/a
<b>Cholesterol</b>	<b>94.13 mg</b>	<b>31%</b>
<b>Sodium</b>	<b>550.38 mg</b>	<b>23%</b>
<b>Potassium</b>	<b>249.88 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>16.01 g</b>	<b>5%</b>
Dietary Fiber	2.99 g	12%
Sugars	3.58 g	n/a
<b>Protein</b>	<b>33.14 g</b>	
Vitamin A - 80%	Vitamin C - 11%	
Calcium - 4%	Iron - 4%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 3%	Niacin - 4%	
Vitamin B6 - 3%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 2%	
Zinc - 1%	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	2.156	IU
Vitamin E	0.002	mg
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin K	11.570	mcg
Vitamin A	4000.430	IU
Vitamin A	800.079	RE

Water Soluble Vitamins		
Thiamin B1	0.054	mg
Riboflavin B2	0.055	mg
Niacin B3	n/a	
Niacin B3	0.860	mg
Pyridoxine B6	0.059	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.004	mg
Vitamin C	6.629	mg
Folic Acid	20.221	mcg

Minerals		
Phosphorus	20.750	mg
Zinc	0.145	mg
Magnesium	7.446	mg
Copper	0.025	mg
Selenium	0.129	mg
Iron	0.758	mg
Calcium	43.289	mg
Manganese	0.075	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**

