

RECIPE ANALYSIS

Recipe Name : A-58
Serving Size : 1c + 1/2 c rice

Recipe Desc : Beef Stir Fry over Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1c + 1/2 c rice		
Amount Per Serving		
Calories 449.86	Calories from Fat 98.63	
% Daily Value		
Total Fat	10.96 g	17%
Saturated	4.14 g	21%
PolyUnSat	0.43 g	n/a
MonoUnSat	4.55 g	n/a
Cholesterol	92.18 mg	31%
Sodium	325.82 mg	14%
Potassium	147.62 mg	4%
Total Carbs	47.39 g	16%
Dietary Fiber	1.98 g	8%
Sugars	2.88 g	n/a
Protein	38.38 g	
Vitamin A - 30%	Vitamin C - 76%	
Calcium - 6%	Iron - 29%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 18%	Niacin - 1%	
Vitamin B6 - 6%	Folic Acid - 23%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 3%	
Zinc - 51%	Copper - 2%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.067 alp
Vitamin K	1.408 mcg
Vitamin A	1520.014 IU
Vitamin A	255.893 RE

Water Soluble Vitamins	
Thiamin B1	0.385 mg
Riboflavin B2	0.304 mg
Niacin B3	n/a
Niacin B3	0.299 mg
Pyridoxine B6	0.112 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.104 mg
Vitamin C	45.747 mg
Folic Acid	90.457 mcg

Minerals	
Phosphorus	28.367 mg
Zinc	7.720 mg
Magnesium	12.579 mg
Copper	0.040 mg
Selenium	n/a
Iron	5.237 mg
Calcium	63.288 mg
Manganese	0.161 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

