

RECIPE ANALYSIS

Recipe Name : A-09
Serving Size : 5.5 oz

Recipe Desc : Beef Stroganoff
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 5.5 oz		
Amount Per Serving		
Calories 399.34	Calories from Fat 248.78	
% Daily Value		
Total Fat	27.64 g	43%
Saturated	8.05 g	40%
PolyUnSat	4.85 g	n/a
MonoUnSat	7.81 g	n/a
Cholesterol	84.00 mg	28%
Sodium	390.10 mg	16%
Potassium	28.65 mg	1%
Total Carbs	6.50 g	2%
Dietary Fiber	1.29 g	5%
Sugars	2.73 g	n/a
Protein	26.08 g	
Vitamin A - 5%	Vitamin C - 8%	
Calcium - 3%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.000 alp
Vitamin K	0.068 mcg
Vitamin A	243.380 IU
Vitamin A	48.616 RE

Water Soluble Vitamins	
Thiamin B1	0.013 mg
Riboflavin B2	0.007 mg
Niacin B3	n/a
Niacin B3	0.045 mg
Pyridoxine B6	0.028 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.822 mg
Folic Acid	0.852 mcg

Minerals	
Phosphorus	5.555 mg
Zinc	0.056 mg
Magnesium	2.594 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.446 mg
Calcium	25.017 mg
Manganese	0.025 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.