

# RECIPE ANALYSIS

Recipe Name : A-52  
Serving Size : 2 tacos

Recipe Desc : Beef Tacos  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 tacos		
Amount Per Serving		
<b>Calories 483.16</b>	<b>Calories from Fat 276.11</b>	
% Daily Value		
<b>Total Fat</b>	<b>30.68 g</b>	<b>47%</b>
Saturated	12.95 g	65%
PolyUnSat	0.92 g	n/a
MonoUnSat	9.99 g	n/a
<b>Cholesterol</b>	<b>83.26 mg</b>	<b>28%</b>
<b>Sodium</b>	<b>534.19 mg</b>	<b>22%</b>
<b>Potassium</b>	<b>380.85 mg</b>	<b>11%</b>
<b>Total Carbs</b>	<b>25.56 g</b>	<b>9%</b>
Dietary Fiber	3.80 g	15%
Sugars	6.44 g	n/a
<b>Protein</b>	<b>25.52 g</b>	
Vitamin A - 25%	Vitamin C - 19%	
Calcium - 25%	Iron - 20%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 14%	Niacin - 13%	
Vitamin B6 - 17%	Folic Acid - 1%	
Vitamin B12 - 35%	Pantothenic Acid - 0%	
Phosphorous - 28%	Magnesium - 5%	
Zinc - 18%	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	0.173 mcg
Vitamin D	6.848 IU
Vitamin E	0.486 mg
Vitamin E	n/a
Vitamin E	0.536 alp
Vitamin K	6.713 mcg
Vitamin A	1239.332 IU
Vitamin A	247.873 RE

Water Soluble Vitamins	
Thiamin B1	0.116 mg
Riboflavin B2	0.241 mg
Niacin B3	0.030 NE
Niacin B3	2.502 mg
Pyridoxine B6	0.341 mg
Cobalamin B12	2.080 mcg
Pantothenic Acid	0.023 mg
Vitamin C	11.470 mg
Folic Acid	4.461 mcg

Minerals	
Phosphorus	276.268 mg
Zinc	2.725 mg
Magnesium	20.776 mg
Copper	0.004 mg
Selenium	10.195 mg
Iron	3.613 mg
Calcium	246.026 mg
Manganese	0.088 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**

