

RECIPE ANALYSIS

Recipe Name : A-33

Recipe Desc : Beef Tips in Burgundy Sauce

Author :

Yield : 50

Serving Size : 1cup mix&pasta

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1cup mix&pasta		
Amount Per Serving		
Calories 529.28	Calories from Fat 136.80	
% Daily Value		
Total Fat	15.20 g	23%
Saturated	5.83 g	29%
PolyUnSat	0.04 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	70.43 mg	23%
Sodium	1115.04 mg	46%
Potassium	112.82 mg	3%
Total Carbs	57.16 g	19%
Dietary Fiber	3.57 g	14%
Sugars	4.10 g	n/a
Protein	31.36 g	
Vitamin A - 2%		Vitamin C - 5%
Calcium - 20%		Iron - 17%
Vitamin E - n/a		Thiamin - 3%
Riboflavin - 6%		Niacin - 4%
Vitamin B6 - 3%		Folic Acid - 1%
Vitamin B12 - 0%		Pantothenic Acid - 3%
Phosphorous - 3%		Magnesium - 1%
Zinc - 1%		Copper - 3%
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	0.355 mcg
Vitamin D	14.234 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.000 alp
Vitamin K	0.122 mcg
Vitamin A	88.473 IU
Vitamin A	10.397 RE

Water Soluble Vitamins	
Thiamin B1	0.047 mg
Riboflavin B2	0.099 mg
Niacin B3	n/a
Niacin B3	0.895 mg
Pyridoxine B6	0.066 mg
Cobalamin B12	0.008 mcg
Pantothenic Acid	0.295 mg
Vitamin C	2.715 mg
Folic Acid	3.840 mcg

Minerals	
Phosphorus	26.923 mg
Zinc	0.171 mg
Magnesium	5.713 mg
Copper	0.066 mg
Selenium	1.666 mg
Iron	2.985 mg
Calcium	197.917 mg
Manganese	0.094 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

