

# RECIPE ANALYSIS

Recipe Name : A-36  
Serving Size : 1 EACH

Recipe Desc : Braised Swiss Steak  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 601.93</b>	<b>Calories from Fat 436.75</b>	
% Daily Value		
<b>Total Fat</b>	<b>48.53 g</b>	<b>75%</b>
Saturated	16.48 g	82%
PolyUnSat	6.47 g	n/a
MonoUnSat	25.36 g	n/a
<b>Cholesterol</b>	<b>104.98 mg</b>	<b>35%</b>
<b>Sodium</b>	<b>247.09 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>542.73 mg</b>	<b>16%</b>
<b>Total Carbs</b>	<b>12.51 g</b>	<b>4%</b>
Dietary Fiber	2.12 g	8%
Sugars	2.93 g	n/a
<b>Protein</b>	<b>28.80 g</b>	
Vitamin A - 31%	Vitamin C - 8%	
Calcium - 3%	Iron - 19%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 15%	Niacin - 24%	
Vitamin B6 - 30%	Folic Acid - 3%	
Vitamin B12 - 70%	Pantothenic Acid - 0%	
Phosphorous - 26%	Magnesium - 8%	
Zinc - 36%	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	n/a
Vitamin D	13.912 IU
Vitamin E	1.201 mg
Vitamin E	n/a
Vitamin E	1.200 alp
Vitamin K	3.358 mcg
Vitamin A	1562.079 IU
Vitamin A	312.410 RE

Water Soluble Vitamins	
Thiamin B1	0.158 mg
Riboflavin B2	0.250 mg
Niacin B3	n/a
Niacin B3	4.826 mg
Pyridoxine B6	0.609 mg
Cobalamin B12	4.210 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.652 mg
Folic Acid	13.300 mcg

Minerals	
Phosphorus	259.995 mg
Zinc	5.349 mg
Magnesium	31.306 mg
Copper	0.008 mg
Selenium	19.933 mg
Iron	3.497 mg
Calcium	30.678 mg
Manganese	0.068 mg
Iodine	1.960 mcg

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**

