

RECIPE ANALYSIS

Recipe Name : A-75
Serving Size : 4 OZ

Recipe Desc : Carne Asada
Prep Time :

Author :
Cook Time :

Yield : 60

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 4 oz | | |
| Amount Per Serving | | |
| Calories 189.61 | Calories from Fat 120.70 | |
| % Daily Value | | |
| Total Fat | 13.41 g | 21% |
| Saturated | 5.34 g | 27% |
| PolyUnSat | 0.01 g | n/a |
| MonoUnSat | 0.04 g | n/a |
| Cholesterol | 53.36 mg | 18% |
| Sodium | 506.97 mg | 21% |
| Potassium | 10.87 mg | 0% |
| Total Carbs | 3.18 g | 1% |
| Dietary Fiber | 0.48 g | 2% |
| Sugars | 1.06 g | n/a |
| Protein | 14.61 g | |
| Vitamin A - 4% | Vitamin C - 11% | |
| Calcium - 1% | Iron - 4% | |
| Vitamin E - n/a | Thiamin - 0% | |
| Riboflavin - 0% | Niacin - 0% | |
| Vitamin B6 - 1% | Folic Acid - 0% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 0% | Magnesium - 0% | |
| 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 | n/a |
| Vitamin D | n/a |
| Vitamin E | 0.000 mg |
| Vitamin E | n/a |
| Vitamin E | 0.000 alp |
| Vitamin K | 0.028 mcg |
| Vitamin A | 199.184 IU |
| Vitamin A | 39.836 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | 0.004 mg |
| Riboflavin B2 | 0.002 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.006 mg |
| Pyridoxine B6 | 0.011 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.000 mg |
| Vitamin C | 6.305 mg |
| Folic Acid | 0.000 mcg |

| Minerals | |
|------------|----------|
| Phosphorus | 2.032 mg |
| Zinc | 0.012 mg |
| Magnesium | 0.756 mg |
| Copper | 0.000 mg |
| Selenium | n/a |
| Iron | 0.684 mg |
| Calcium | 7.372 mg |
| Manganese | 0.010 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.