

RECIPE ANALYSIS

Recipe Name : A-02
Serving Size : 6 oz.

Recipe Desc : Chili Relleno Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 1155.74	Calories from Fat 750.15	
	% Daily Value	
Total Fat	83.35 g	128%
Saturated	42.87 g	214%
PolyUnSat	2.68 g	n/a
MonoUnSat	24.08 g	n/a
Cholesterol	406.38 mg	135%
Sodium	2435.51 mg	101%
Potassium	547.80 mg	16%
Total Carbs	30.84 g	10%
Dietary Fiber	5.67 g	23%
Sugars	10.54 g	n/a
Protein	76.55 g	
Vitamin A - 73%	Vitamin C - 73%	
Calcium - 93%	Iron - 24%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 48%	Niacin - 25%	
Vitamin B6 - 29%	Folic Acid - 12%	
Vitamin B12 - 72%	Pantothenic Acid - 6%	
Phosphorous - 76%	Magnesium - 8%	
Zinc - 36%	Copper - 1%	
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	0.844 mcg
Vitamin D	65.640 IU
Vitamin E	0.912 mg
Vitamin E	n/a
Vitamin E	0.912 alp
Vitamin K	n/a
Vitamin A	3658.808 IU
Vitamin A	731.738 RE

Water Soluble Vitamins	
Thiamin B1	0.265 mg
Riboflavin B2	0.820 mg
Niacin B3	n/a
Niacin B3	5.012 mg
Pyridoxine B6	0.577 mg
Cobalamin B12	4.300 mcg
Pantothenic Acid	0.556 mg
Vitamin C	43.862 mg
Folic Acid	46.364 mcg

Minerals	
Phosphorus	761.834 mg
Zinc	5.444 mg
Magnesium	31.048 mg
Copper	0.025 mg
Selenium	31.364 mg
Iron	4.355 mg
Calcium	933.734 mg
Manganese	0.102 mg
Iodine	11.760 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

