

RECIPE ANALYSIS

Recipe Name : A-15
Serving Size : 5 oz

Recipe Desc : Chopped Cheddar Steak
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 5 oz		
Amount Per Serving		
Calories 423.02	Calories from Fat 305.92	
% Daily Value		
Total Fat	33.99 g	52%
Saturated	16.32 g	82%
PolyUnSat	1.36 g	n/a
MonoUnSat	15.28 g	n/a
Cholesterol	102.59 mg	34%
Sodium	252.06 mg	11%
Potassium	349.70 mg	10%
Total Carbs	1.74 g	1%
Dietary Fiber	0.18 g	1%
Sugars	0.79 g	n/a
Protein	26.28 g	
Vitamin A - 7%	Vitamin C - 1%	
Calcium - 22%	Iron - 11%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 16%	Niacin - 17%	
Vitamin B6 - 21%	Folic Acid - 2%	
Vitamin B12 - 51%	Pantothenic Acid - 0%	
Phosphorous - 32%	Magnesium - 5%	
Zinc - 25%	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	14.027 IU
Vitamin E	0.865 mg
Vitamin E	n/a
Vitamin E	0.865 alp
Vitamin K	1.346 mcg
Vitamin A	372.180 IU
Vitamin A	74.421 RE

Water Soluble Vitamins	
Thiamin B1	0.114 mg
Riboflavin B2	0.276 mg
Niacin B3	n/a
Niacin B3	3.340 mg
Pyridoxine B6	0.412 mg
Cobalamin B12	3.033 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.551 mg
Folic Acid	8.108 mcg

Minerals	
Phosphorus	315.329 mg
Zinc	3.781 mg
Magnesium	19.520 mg
Copper	0.002 mg
Selenium	14.354 mg
Iron	2.059 mg
Calcium	216.525 mg
Manganese	0.025 mg
Iodine	0.980 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

