

# RECIPE ANALYSIS

Recipe Name : A-79  
Serving Size : 8 OZ

Recipe Desc : Beef Chimi  
Prep Time :

Author :  
Cook Time :

Yield : 51

Nutrition Information		
Serving Size: 8 oz		
Amount Per Serving		
<b>Calories 750.87</b>	<b>Calories from Fat 596.17</b>	
	% Daily Value	
<b>Total Fat</b>	<b>66.24 g</b>	<b>102%</b>
Saturated	12.91 g	65%
PolyUnSat	8.08 g	n/a
MonoUnSat	42.36 g	n/a
<b>Cholesterol</b>	<b>77.49 mg</b>	<b>26%</b>
<b>Sodium</b>	<b>32.72 mg</b>	<b>1%</b>
<b>Potassium</b>	<b>255.66 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>11.15 g</b>	<b>4%</b>
Dietary Fiber	2.62 g	10%
Sugars	0.11 g	n/a
<b>Protein</b>	<b>33.25 g</b>	
Vitamin A - 46%	Vitamin C - 28%	
Calcium - 24%	Iron - 61%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 12%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 42%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	2277.150 IU
Vitamin A	455.430 RE

Water Soluble Vitamins	
Thiamin B1	0.167 mg
Riboflavin B2	0.204 mg
Niacin B3	n/a
Niacin B3	0.025 mg
Pyridoxine B6	0.049 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.025 mg
Vitamin C	16.682 mg
Folic Acid	0.111 mcg

Minerals	
Phosphorus	5.640 mg
Zinc	6.226 mg
Magnesium	0.922 mg
Copper	0.012 mg
Selenium	0.000 mg
Iron	11.019 mg
Calcium	244.510 mg
Manganese	0.061 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

