

RECIPE ANALYSIS

Recipe Name : A-06
Serving Size : 1 CUP

Recipe Desc : Garlic Beef w/Broccoli Stirfry
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 146.28	Calories from Fat 40.17	
% Daily Value		
Total Fat	4.46 g	7%
Saturated	0.55 g	3%
PolyUnSat	0.13 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	0.00 mg	0%
Sodium	1597.03 mg	67%
Potassium	425.83 mg	12%
Total Carbs	25.62 g	9%
Dietary Fiber	1.73 g	7%
Sugars	1.41 g	n/a
Protein	4.14 g	
Vitamin A - 174%	Vitamin C - 95%	
Calcium - 5%	Iron - 5%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 6%	Niacin - 3%	
Vitamin B6 - 10%	Folic Acid - 13%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 6%	Magnesium - 6%	
Zinc - 3%	Copper - 4%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.080 mcg
Vitamin A	8710.585 IU
Vitamin A	871.048 RE

Water Soluble Vitamins	
Thiamin B1	0.068 mg
Riboflavin B2	0.094 mg
Niacin B3	0.000 NE
Niacin B3	0.585 mg
Pyridoxine B6	0.191 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.407 mg
Vitamin C	57.228 mg
Folic Acid	52.197 mcg

Minerals	
Phosphorus	56.324 mg
Zinc	0.400 mg
Magnesium	22.496 mg
Copper	0.072 mg
Selenium	0.000 mg
Iron	0.937 mg
Calcium	49.988 mg
Manganese	0.391 mg
Iodine	0.000 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

