

# RECIPE ANALYSIS

Recipe Name : A-20  
Serving Size : 7 oz.

Recipe Desc : Hungarian Beef Goulash  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 7 oz.		
Amount Per Serving		
<b>Calories 295.60</b>	<b>Calories from Fat 128.63</b>	
% Daily Value		
<b>Total Fat</b>	<b>14.29 g</b>	<b>22%</b>
Saturated	4.96 g	25%
PolyUnSat	1.66 g	n/a
MonoUnSat	2.70 g	n/a
<b>Cholesterol</b>	<b>62.74 mg</b>	<b>21%</b>
<b>Sodium</b>	<b>368.71 mg</b>	<b>15%</b>
<b>Potassium</b>	<b>34.07 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>14.16 g</b>	<b>5%</b>
Dietary Fiber	1.05 g	4%
Sugars	3.94 g	n/a
<b>Protein</b>	<b>21.89 g</b>	
Vitamin A - 7%	Vitamin C - 2%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 1%	
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	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	0.051 mcg
Vitamin A	325.092 IU
Vitamin A	65.016 RE

Water Soluble Vitamins	
Thiamin B1	0.080 mg
Riboflavin B2	0.049 mg
Niacin B3	0.000 NE
Niacin B3	0.613 mg
Pyridoxine B6	0.022 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	1.067 mg
Folic Acid	17.013 mcg

Minerals	
Phosphorus	15.935 mg
Zinc	0.049 mg
Magnesium	2.152 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.887 mg
Calcium	8.177 mg
Manganese	0.019 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**



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.