

RECIPE ANALYSIS

Recipe Name : A-21
Serving Size : 2 meatballs

Recipe Desc : Italian Meatballs
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 meatballs		
Amount Per Serving		
Calories 2149.26	Calories from Fat 1425.61	
	% Daily Value	
Total Fat	158.40 g	244%
Saturated	64.03 g	320%
PolyUnSat	9.28 g	n/a
MonoUnSat	81.64 g	n/a
Cholesterol	614.96 mg	205%
Sodium	1774.41 mg	74%
Potassium	2323.35 mg	66%
Total Carbs	44.57 g	15%
Dietary Fiber	3.85 g	15%
Sugars	10.62 g	n/a
Protein	133.63 g	
Vitamin A - 22%	Vitamin C - 23%	
Calcium - 36%	Iron - 83%	
Vitamin E - n/a	Thiamin - 48%	
Riboflavin - 77%	Niacin - 101%	
Vitamin B6 - 137%	Folic Acid - 19%	
Vitamin B12 - 310%	Pantothenic Acid - 5%	
Phosphorous - 121%	Magnesium - 36%	
Zinc - 159%	Copper - 2%	
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	2.032 mcg
Vitamin D	104.313 IU
Vitamin E	4.256 mg
Vitamin E	n/a
Vitamin E	4.256 alp
Vitamin K	13.804 mcg
Vitamin A	1077.078 IU
Vitamin A	166.816 RE

Water Soluble Vitamins	
Thiamin B1	0.724 mg
Riboflavin B2	1.301 mg
Niacin B3	n/a
Niacin B3	20.283 mg
Pyridoxine B6	2.732 mg
Cobalamin B12	18.600 mcg
Pantothenic Acid	0.517 mg
Vitamin C	13.736 mg
Folic Acid	74.056 mcg

Minerals	
Phosphorus	1214.635 mg
Zinc	23.814 mg
Magnesium	142.106 mg
Copper	0.048 mg
Selenium	101.372 mg
Iron	14.908 mg
Calcium	357.047 mg
Manganese	0.543 mg
Iodine	19.600 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

