

RECIPE ANALYSIS

Recipe Name : A-10
Serving Size : 19 OZ

Recipe Desc : Korean Noodle Bowl
Prep Time :

Author :
Cook Time :

Yield : 32

Nutrition Information		
Serving Size: 19 oz		
Amount Per Serving		
Calories 483.92	Calories from Fat 103.10	
% Daily Value		
Total Fat	11.46 g	18%
Saturated	2.85 g	14%
PolyUnSat	0.67 g	n/a
MonoUnSat	0.18 g	n/a
Cholesterol	5.10 mg	2%
Sodium	141.06 mg	6%
Potassium	439.17 mg	13%
Total Carbs	81.06 g	27%
Dietary Fiber	6.18 g	25%
Sugars	10.75 g	n/a
Protein	13.71 g	
Vitamin A - 109%	Vitamin C - 17%	
Calcium - 6%	Iron - 26%	
Vitamin E - n/a	Thiamin - 63%	
Riboflavin - 31%	Niacin - 40%	
Vitamin B6 - 13%	Folic Acid - 63%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 18%	Magnesium - 3%	
Zinc - 9%	Copper - 16%	
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	0.505	mcg
Vitamin D	20.199	IU
Vitamin E	0.003	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	6.068	mcg
Vitamin A	5426.985	IU
Vitamin A	1085.397	RE

Water Soluble Vitamins		
Thiamin B1	0.948	mg
Riboflavin B2	0.523	mg
Niacin B3	0.000	NE
Niacin B3	7.920	mg
Pyridoxine B6	0.252	mg
Cobalamin B12	0.011	mcg
Pantothenic Acid	0.000	mg
Vitamin C	10.059	mg
Folic Acid	250.064	mcg

Minerals		
Phosphorus	178.945	mg
Zinc	1.362	mg
Magnesium	11.140	mg
Copper	0.315	mg
Selenium	2.389	mg
Iron	4.646	mg
Calcium	58.872	mg
Manganese	0.134	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.