

RECIPE ANALYSIS

Recipe Name : A-25
Serving Size : 1 EACH

Recipe Desc : Meat Loaf
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 345.05	Calories from Fat 214.90	
% Daily Value		
Total Fat	23.88 g	37%
Saturated	8.95 g	45%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	68.40 mg	23%
Sodium	1032.55 mg	43%
Potassium	9.78 mg	0%
Total Carbs	11.39 g	4%
Dietary Fiber	0.57 g	2%
Sugars	0.98 g	n/a
Protein	19.43 g	
Vitamin A - 2%	Vitamin C - 12%	
Calcium - 2%	Iron - 10%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	0.026 mcg
Vitamin A	97.204 IU
Vitamin A	19.322 RE

Water Soluble Vitamins	
Thiamin B1	0.003 mg
Riboflavin B2	0.002 mg
Niacin B3	0.000 NE
Niacin B3	0.006 mg
Pyridoxine B6	0.010 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	7.078 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	1.829 mg
Zinc	0.014 mg
Magnesium	0.776 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.782 mg
Calcium	22.657 mg
Manganese	0.009 mg
Iodine	101.029 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

