

RECIPE ANALYSIS

Recipe Name : A-60
Serving Size : 6 oz.

Recipe Desc : Mexican Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 198.19	Calories from Fat 90.97	
% Daily Value		
Total Fat	10.11 g	16%
Saturated	2.67 g	13%
PolyUnSat	0.12 g	n/a
MonoUnSat	1.19 g	n/a
Cholesterol	10.86 mg	4%
Sodium	437.26 mg	18%
Potassium	37.69 mg	1%
Total Carbs	20.99 g	7%
Dietary Fiber	3.69 g	15%
Sugars	2.19 g	n/a
Protein	7.44 g	
Vitamin A - 15%	Vitamin C - 10%	
Calcium - 10%	Iron - 6%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 1%	Pantothenic Acid - 0%	
Phosphorous - 5%	Magnesium - 0%	
Zinc - 1%	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	0.007 mcg
Vitamin D	0.267 IU
Vitamin E	0.000 mg
Vitamin E	0.028 IU
Vitamin E	0.005 alp
Vitamin K	0.705 mcg
Vitamin A	726.850 IU
Vitamin A	145.333 RE

Water Soluble Vitamins	
Thiamin B1	0.008 mg
Riboflavin B2	0.044 mg
Niacin B3	0.003 NE
Niacin B3	0.120 mg
Pyridoxine B6	0.020 mg
Cobalamin B12	0.081 mcg
Pantothenic Acid	0.008 mg
Vitamin C	5.915 mg
Folic Acid	1.707 mcg

Minerals	
Phosphorus	51.608 mg
Zinc	0.128 mg
Magnesium	1.463 mg
Copper	0.005 mg
Selenium	0.401 mg
Iron	1.140 mg
Calcium	97.771 mg
Manganese	0.012 mg
Iodine	17.640 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

