

# RECIPE ANALYSIS

Recipe Name : A-26  
Serving Size : 1 slice

Recipe Desc : Mexican Pizza  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 slice		
Amount Per Serving		
<b>Calories 809.79</b>	<b>Calories from Fat 293.34</b>	
	% Daily Value	
<b>Total Fat</b>	<b>32.59 g</b>	<b>50%</b>
Saturated	11.93 g	60%
PolyUnSat	0.39 g	n/a
MonoUnSat	3.68 g	n/a
<b>Cholesterol</b>	<b>62.78 mg</b>	<b>21%</b>
<b>Sodium</b>	<b>1331.07 mg</b>	<b>55%</b>
<b>Potassium</b>	<b>139.85 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>92.06 g</b>	<b>31%</b>
Dietary Fiber	1.43 g	6%
Sugars	3.95 g	n/a
<b>Protein</b>	<b>32.89 g</b>	
Vitamin A - 29%	Vitamin C - 20%	
Calcium - 39%	Iron - 17%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 9%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 19%	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	n/a
Vitamin E	0.000 alp
Vitamin K	0.071 mcg
Vitamin A	1431.662 IU
Vitamin A	286.335 RE

Water Soluble Vitamins	
Thiamin B1	0.026 mg
Riboflavin B2	0.157 mg
Niacin B3	n/a
Niacin B3	0.133 mg
Pyridoxine B6	0.028 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	11.976 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	192.377 mg
Zinc	0.031 mg
Magnesium	3.057 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	3.055 mg
Calcium	390.587 mg
Manganese	0.025 mg
Iodine	4.083 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

