

RECIPE ANALYSIS

Recipe Name : A-62
Serving Size : 12 nachos

Recipe Desc : Nachos Supreme
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 12 nachos		
Amount Per Serving		
Calories 659.71	Calories from Fat 407.79	
% Daily Value		
Total Fat	45.31 g	70%
Saturated	17.68 g	88%
PolyUnSat	0.92 g	n/a
MonoUnSat	9.90 g	n/a
Cholesterol	94.30 mg	31%
Sodium	1589.74 mg	66%
Potassium	341.75 mg	10%
Total Carbs	39.94 g	13%
Dietary Fiber	3.26 g	13%
Sugars	2.06 g	n/a
Protein	27.23 g	
Vitamin A - 18%	Vitamin C - 6%	
Calcium - 44%	Iron - 11%	
Vitamin E - n/a	Thiamin - 20%	
Riboflavin - 29%	Niacin - 12%	
Vitamin B6 - 11%	Folic Acid - 1%	
Vitamin B12 - 26%	Pantothenic Acid - 0%	
Phosphorous - 44%	Magnesium - 3%	
Zinc - 13%	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	0.130 mcg
Vitamin D	5.136 IU
Vitamin E	0.365 mg
Vitamin E	n/a
Vitamin E	0.366 alp
Vitamin K	0.011 mcg
Vitamin A	909.067 IU
Vitamin A	181.813 RE

Water Soluble Vitamins	
Thiamin B1	0.301 mg
Riboflavin B2	0.496 mg
Niacin B3	n/a
Niacin B3	2.326 mg
Pyridoxine B6	0.211 mg
Cobalamin B12	1.560 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.895 mg
Folic Acid	3.346 mcg

Minerals	
Phosphorus	441.130 mg
Zinc	1.973 mg
Magnesium	10.047 mg
Copper	0.000 mg
Selenium	7.618 mg
Iron	2.032 mg
Calcium	436.321 mg
Manganese	0.009 mg
Iodine	n/a

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.