

RECIPE ANALYSIS

Recipe Name : A-81
Serving Size : 14 OZ

Recipe Desc : Red Curry Beef
Prep Time :

Author :
Cook Time :

Yield : 64

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 14 oz | | |
| Amount Per Serving | | |
| Calories 458.65 | Calories from Fat 204.85 | |
| % Daily Value | | |
| Total Fat | 22.76 g | 35% |
| Saturated | 8.67 g | 43% |
| PolyUnSat | 1.64 g | n/a |
| MonoUnSat | 2.93 g | n/a |
| Cholesterol | 58.12 mg | 19% |
| Sodium | 1649.86 mg | 69% |
| Potassium | 577.66 mg | 17% |
| Total Carbs | 39.87 g | 13% |
| Dietary Fiber | 4.70 g | 19% |
| Sugars | 3.56 g | n/a |
| Protein | 23.89 g | |
| Vitamin A - 22% | Vitamin C - 36% | |
| Calcium - 2% | Iron - 16% | |
| Vitamin E - n/a | Thiamin - 5% | |
| Riboflavin - 9% | Niacin - 17% | |
| Vitamin B6 - 0% | 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 | 0.220 alp |
| Vitamin K | 0.000 mcg |
| Vitamin A | 1115.610 IU |
| Vitamin A | 246.612 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | 0.076 mg |
| Riboflavin B2 | 0.153 mg |
| Niacin B3 | 0.000 NE |
| Niacin B3 | 3.429 mg |
| Pyridoxine B6 | 0.001 mg |
| Cobalamin B12 | 0.007 mcg |
| Pantothenic Acid | 0.006 mg |
| Vitamin C | 21.612 mg |
| Folic Acid | 0.084 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 1.623 mg |
| Zinc | 0.000 mg |
| Magnesium | 0.184 mg |
| Copper | 0.000 mg |
| Selenium | 0.000 mg |
| Iron | 2.931 mg |
| Calcium | 20.668 mg |
| Manganese | 0.000 mg |
| Iodine | 3.062 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

