

RECIPE ANALYSIS

Recipe Name : A-31
Serving Size : 1 EACH

Recipe Desc : Roast Top Rd. of Beef Au Jus
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 28.65	Calories from Fat 20.45	
% Daily Value		
Total Fat	2.27 g	3%
Saturated	0.17 g	1%
PolyUnSat	0.82 g	n/a
MonoUnSat	1.31 g	n/a
Cholesterol	0.06 mg	0%
Sodium	116.58 mg	5%
Potassium	48.11 mg	1%
Total Carbs	2.10 g	1%
Dietary Fiber	0.41 g	2%
Sugars	0.89 g	n/a
Protein	0.28 g	
Vitamin A - 12%	Vitamin C - 2%	
Calcium - 1%	Iron - 0%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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		

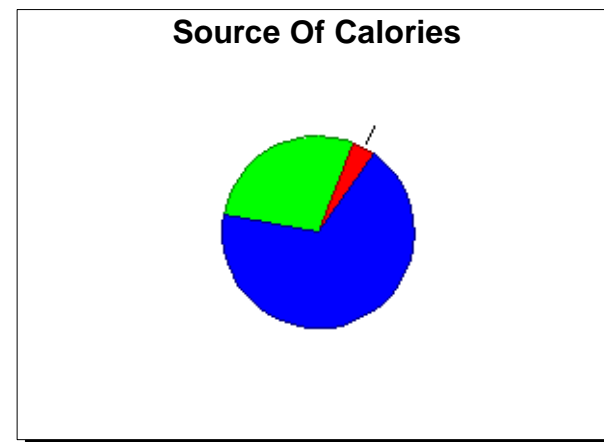
Fat Soluble Vitamins	
Vitamin D	0.000 mcg
Vitamin D	0.359 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	2.034 mcg
Vitamin A	616.283 IU
Vitamin A	123.247 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.009 mg
Niacin B3	0.000 NE
Niacin B3	0.074 mg
Pyridoxine B6	0.030 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.312 mg
Folic Acid	2.545 mcg

Minerals	
Phosphorus	6.475 mg
Zinc	0.066 mg
Magnesium	3.203 mg
Copper	0.004 mg
Selenium	0.022 mg
Iron	0.064 mg
Calcium	8.142 mg
Manganese	0.029 mg
Iodine	3.920 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



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.