

RECIPE ANALYSIS

Recipe Name : A-32
Serving Size : 4 oz.

Recipe Desc : Salisbury Steak
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 4 oz. | | |
| Amount Per Serving | | |
| Calories 360.89 | Calories from Fat 205.51 | |
| % Daily Value | | |
| Total Fat | 22.83 g | 35% |
| Saturated | 10.12 g | 51% |
| PolyUnSat | 1.02 g | n/a |
| MonoUnSat | 11.45 g | n/a |
| Cholesterol | 76.60 mg | 26% |
| Sodium | 590.91 mg | 25% |
| Potassium | 471.02 mg | 13% |
| Total Carbs | 14.18 g | 5% |
| Dietary Fiber | 0.80 g | 3% |
| Sugars | 2.50 g | n/a |
| Protein | 23.63 g | |
| Vitamin A - 0% | Vitamin C - 4% | |
| Calcium - 2% | Iron - 15% | |
| Vitamin E - n/a | Thiamin - 12% | |
| Riboflavin - 18% | Niacin - 24% | |
| Vitamin B6 - 25% | Folic Acid - 5% | |
| Vitamin B12 - 54% | Pantothenic Acid - 5% | |
| Phosphorous - 23% | Magnesium - 6% | |
| Zinc - 29% | Copper - 5% | |
| 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 | 0.834 mcg |
| Vitamin D | 33.294 IU |
| Vitamin E | 0.760 mg |
| Vitamin E | 0.003 IU |
| Vitamin E | 0.760 alp |
| Vitamin K | 0.127 mcg |
| Vitamin A | 0.683 IU |
| Vitamin A | 0.117 RE |

| Water Soluble Vitamins | |
|------------------------|------------|
| Thiamin B1 | 0.187 mg |
| Riboflavin B2 | 0.310 mg |
| Niacin B3 | n/a |
| Niacin B3 | 4.707 mg |
| Pyridoxine B6 | 0.502 mg |
| Cobalamin B12 | 3.262 mcg |
| Pantothenic Acid | 0.452 mg |
| Vitamin C | 2.367 mg |
| Folic Acid | 19.770 mcg |

| Minerals | |
|------------|------------|
| Phosphorus | 226.060 mg |
| Zinc | 4.293 mg |
| Magnesium | 25.576 mg |
| Copper | 0.096 mg |
| Selenium | 18.515 mg |
| Iron | 2.643 mg |
| Calcium | 18.781 mg |
| Manganese | 0.056 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

