

# RECIPE ANALYSIS

Recipe Name : A-46  
Serving Size : 6 oz.

Recipe Desc : Shepards Pie  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
<b>Calories 447.97</b>	<b>Calories from Fat 181.84</b>	
% Daily Value		
<b>Total Fat</b>	<b>20.20 g</b>	<b>31%</b>
Saturated	7.26 g	36%
PolyUnSat	0.11 g	n/a
MonoUnSat	0.03 g	n/a
<b>Cholesterol</b>	<b>52.09 mg</b>	<b>17%</b>
<b>Sodium</b>	<b>1168.46 mg</b>	<b>49%</b>
<b>Potassium</b>	<b>368.09 mg</b>	<b>11%</b>
<b>Total Carbs</b>	<b>45.84 g</b>	<b>15%</b>
Dietary Fiber	5.71 g	23%
Sugars	5.20 g	n/a
<b>Protein</b>	<b>20.84 g</b>	
Vitamin A - 8%	Vitamin C - 10%	
Calcium - 2%	Iron - 24%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.049 mcg
Vitamin A	397.405 IU
Vitamin A	77.852 RE

Water Soluble Vitamins	
Thiamin B1	0.007 mg
Riboflavin B2	0.004 mg
Niacin B3	0.000 NE
Niacin B3	0.033 mg
Pyridoxine B6	0.020 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	6.254 mg
Folic Acid	0.572 mcg

Minerals	
Phosphorus	3.620 mg
Zinc	0.050 mg
Magnesium	2.237 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	4.372 mg
Calcium	24.683 mg
Manganese	0.018 mg
Iodine	26.310 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

