

RECIPE ANALYSIS

Recipe Name : A-03
Serving Size : 1 burger

Recipe Desc : Smokin' Blues Burger
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 burger		
Amount Per Serving		
Calories 639.26	Calories from Fat 336.07	
% Daily Value		
Total Fat	37.34 g	57%
Saturated	16.71 g	84%
PolyUnSat	0.58 g	n/a
MonoUnSat	3.04 g	n/a
Cholesterol	116.28 mg	39%
Sodium	941.21 mg	39%
Potassium	241.09 mg	7%
Total Carbs	38.92 g	13%
Dietary Fiber	3.22 g	13%
Sugars	8.68 g	n/a
Protein	38.34 g	
Vitamin A - 28%	Vitamin C - 15%	
Calcium - 21%	Iron - 29%	
Vitamin E - n/a	Thiamin - 24%	
Riboflavin - 18%	Niacin - 13%	
Vitamin B6 - 5%	Folic Acid - 17%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 16%	Magnesium - 1%	
Zinc - 2%	Copper - 1%	
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	n/a
Vitamin E	0.175 alp
Vitamin K	12.305 mcg
Vitamin A	1404.712 IU
Vitamin A	280.440 RE

Water Soluble Vitamins	
Thiamin B1	0.357 mg
Riboflavin B2	0.303 mg
Niacin B3	n/a
Niacin B3	2.671 mg
Pyridoxine B6	0.101 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	9.142 mg
Folic Acid	66.856 mcg

Minerals	
Phosphorus	164.911 mg
Zinc	0.368 mg
Magnesium	4.584 mg
Copper	0.020 mg
Selenium	0.039 mg
Iron	5.153 mg
Calcium	210.746 mg
Manganese	0.054 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

