

# RECIPE ANALYSIS

Recipe Name : A-34  
Serving Size : 1 EACH

Recipe Desc : Stuffed Green Peppers  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 249.21</b>	<b>Calories from Fat 98.65</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.96 g</b>	<b>17%</b>
Saturated	4.40 g	22%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>36.72 mg</b>	<b>12%</b>
<b>Sodium</b>	<b>767.29 mg</b>	<b>32%</b>
<b>Potassium</b>	<b>10.53 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>24.36 g</b>	<b>8%</b>
Dietary Fiber	5.12 g	20%
Sugars	9.95 g	n/a
<b>Protein</b>	<b>13.75 g</b>	
Vitamin A - 26%	Vitamin C - 451%	
Calcium - 5%	Iron - 16%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 3%	
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	0.000 alp
Vitamin K	0.026 mcg
Vitamin A	1316.945 IU
Vitamin A	263.383 RE

Water Soluble Vitamins	
Thiamin B1	0.040 mg
Riboflavin B2	0.002 mg
Niacin B3	0.000 NE
Niacin B3	0.007 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	270.785 mg
Folic Acid	12.397 mcg

Minerals	
Phosphorus	2.116 mg
Zinc	0.016 mg
Magnesium	0.823 mg
Copper	0.001 mg
Selenium	0.000 mg
Iron	2.800 mg
Calcium	47.492 mg
Manganese	0.012 mg
Iodine	50.515 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**

