

RECIPE ANALYSIS

Recipe Name : A-35
Serving Size : 1 EACH

Recipe Desc : Swedish Meatballs
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 238.07	Calories from Fat 130.13	
% Daily Value		
Total Fat	14.46 g	22%
Saturated	8.48 g	42%
PolyUnSat	0.15 g	n/a
MonoUnSat	2.36 g	n/a
Cholesterol	46.63 mg	16%
Sodium	751.01 mg	31%
Potassium	49.21 mg	1%
Total Carbs	18.02 g	6%
Dietary Fiber	1.77 g	7%
Sugars	4.12 g	n/a
Protein	9.95 g	
Vitamin A - 12%	Vitamin C - 2%	
Calcium - 14%	Iron - 6%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 15%	Copper - 2%	
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	0.259 mcg
Vitamin D	39.942 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.000 alp
Vitamin K	0.026 mcg
Vitamin A	588.161 IU
Vitamin A	117.622 RE

Water Soluble Vitamins	
Thiamin B1	0.013 mg
Riboflavin B2	0.057 mg
Niacin B3	0.000 NE
Niacin B3	0.528 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.006 mcg
Pantothenic Acid	0.206 mg
Vitamin C	1.333 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	12.481 mg
Zinc	2.310 mg
Magnesium	1.872 mg
Copper	0.043 mg
Selenium	1.205 mg
Iron	1.033 mg
Calcium	138.969 mg
Manganese	0.010 mg
Iodine	35.378 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

