

# RECIPE ANALYSIS

Recipe Name : A-73  
Serving Size : 8 oz

Recipe Desc : Szechuan Beef  
Prep Time :

Author :  
Cook Time :

Yield : 72

Nutrition Information		
Serving Size: 8 oz		
Amount Per Serving		
<b>Calories 260.60</b>	<b>Calories from Fat 102.97</b>	
% Daily Value		
<b>Total Fat</b>	<b>11.44 g</b>	<b>18%</b>
Saturated	3.80 g	19%
PolyUnSat	1.70 g	n/a
MonoUnSat	2.37 g	n/a
<b>Cholesterol</b>	<b>39.11 mg</b>	<b>13%</b>
<b>Sodium</b>	<b>463.76 mg</b>	<b>19%</b>
<b>Potassium</b>	<b>257.54 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>18.14 g</b>	<b>6%</b>
Dietary Fiber	2.37 g	9%
Sugars	1.56 g	n/a
<b>Protein</b>	<b>16.86 g</b>	
Vitamin A - 39%	Vitamin C - 70%	
Calcium - 6%	Iron - 10%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 4%	Niacin - 1%	
Vitamin B6 - 4%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 12%	
Zinc - 2%	Copper - 6%	
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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.035 mcg
Vitamin A	1953.041 IU
Vitamin A	199.910 RE

Water Soluble Vitamins	
Thiamin B1	0.035 mg
Riboflavin B2	0.061 mg
Niacin B3	n/a
Niacin B3	0.289 mg
Pyridoxine B6	0.077 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.109 mg
Vitamin C	41.830 mg
Folic Acid	13.888 mcg

Minerals	
Phosphorus	32.917 mg
Zinc	0.278 mg
Magnesium	49.426 mg
Copper	0.111 mg
Selenium	0.000 mg
Iron	1.738 mg
Calcium	60.624 mg
Manganese	0.244 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**



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.