

RECIPE ANALYSIS

Recipe Name : A-51
Serving Size : 3 OZ

Recipe Desc : Taco Beef
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 oz		
Amount Per Serving		
Calories 198.55	Calories from Fat 136.98	
% Daily Value		
Total Fat	15.22 g	23%
Saturated	6.73 g	34%
PolyUnSat	0.68 g	n/a
MonoUnSat	7.68 g	n/a
Cholesterol	51.07 mg	17%
Sodium	970.70 mg	40%
Potassium	222.27 mg	6%
Total Carbs	0.71 g	0%
Dietary Fiber	0.17 g	1%
Sugars	0.12 g	n/a
Protein	13.87 g	
Vitamin A - 2%	Vitamin C - 2%	
Calcium - 1%	Iron - 9%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 7%	Niacin - 12%	
Vitamin B6 - 14%	Folic Acid - 1%	
Vitamin B12 - 36%	Pantothenic Acid - 0%	
Phosphorous - 13%	Magnesium - 3%	
Zinc - 18%	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	0.180 mcg
Vitamin D	7.133 IU
Vitamin E	0.507 mg
Vitamin E	n/a
Vitamin E	0.507 alp
Vitamin K	n/a
Vitamin A	79.240 IU
Vitamin A	15.849 RE

Water Soluble Vitamins	
Thiamin B1	0.073 mg
Riboflavin B2	0.120 mg
Niacin B3	n/a
Niacin B3	2.360 mg
Pyridoxine B6	0.287 mg
Cobalamin B12	2.167 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.431 mg
Folic Acid	4.647 mcg

Minerals	
Phosphorus	129.273 mg
Zinc	2.733 mg
Magnesium	13.560 mg
Copper	0.000 mg
Selenium	10.580 mg
Iron	1.655 mg
Calcium	9.961 mg
Manganese	0.007 mg
Iodine	3.267 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

