

RECIPE ANALYSIS

Recipe Name : A-38
Serving Size : 1 EACH

Recipe Desc : Yankee Pot Roast of Beef
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 143.73	Calories from Fat 82.99	
% Daily Value		
Total Fat	9.22 g	14%
Saturated	0.69 g	3%
PolyUnSat	3.37 g	n/a
MonoUnSat	5.23 g	n/a
Cholesterol	0.02 mg	0%
Sodium	241.15 mg	10%
Potassium	64.46 mg	2%
Total Carbs	13.43 g	4%
Dietary Fiber	1.81 g	7%
Sugars	4.11 g	n/a
Protein	1.97 g	
Vitamin A - 21%	Vitamin C - 22%	
Calcium - 3%	Iron - 7%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.719 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	3.326 mcg
Vitamin A	1065.564 IU
Vitamin A	213.113 RE

Water Soluble Vitamins	
Thiamin B1	0.014 mg
Riboflavin B2	0.012 mg
Niacin B3	0.000 NE
Niacin B3	0.088 mg
Pyridoxine B6	0.038 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	13.176 mg
Folic Acid	4.084 mcg

Minerals	
Phosphorus	8.627 mg
Zinc	0.059 mg
Magnesium	3.526 mg
Copper	0.006 mg
Selenium	0.039 mg
Iron	1.244 mg
Calcium	30.566 mg
Manganese	0.039 mg
Iodine	0.000 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

