

RECIPE ANALYSIS

Recipe Name : A-04
Serving Size : 1 burger

Recipe Desc : Yuma Bacon Burger con Queso
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 burger		
Amount Per Serving		
Calories 1012.33	Calories from Fat 618.58	
% Daily Value		
Total Fat	68.73 g	106%
Saturated	28.44 g	142%
PolyUnSat	0.25 g	n/a
MonoUnSat	0.59 g	n/a
Cholesterol	177.23 mg	59%
Sodium	1672.24 mg	70%
Potassium	213.60 mg	6%
Total Carbs	35.43 g	12%
Dietary Fiber	3.20 g	13%
Sugars	6.35 g	n/a
Protein	56.77 g	
Vitamin A - 25%	Vitamin C - 19%	
Calcium - 26%	Iron - 25%	
Vitamin E - n/a	Thiamin - 24%	
Riboflavin - 12%	Niacin - 12%	
Vitamin B6 - 6%	Folic Acid - 17%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 6%	Magnesium - 1%	
Zinc - 3%	Copper - 1%	
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	n/a
Vitamin E	2.048 alp
Vitamin K	12.358 mcg
Vitamin A	1231.460 IU
Vitamin A	246.290 RE

Water Soluble Vitamins	
Thiamin B1	0.364 mg
Riboflavin B2	0.205 mg
Niacin B3	n/a
Niacin B3	2.438 mg
Pyridoxine B6	0.122 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	11.125 mg
Folic Acid	66.856 mcg

Minerals	
Phosphorus	64.016 mg
Zinc	0.390 mg
Magnesium	5.973 mg
Copper	0.020 mg
Selenium	0.039 mg
Iron	4.541 mg
Calcium	256.945 mg
Manganese	0.072 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

