

# RECIPE ANALYSIS

Recipe Name : F-28  
Serving Size : 1 EACH

Recipe Desc : Grilled Chicken Breast Salad  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 463.73</b>	<b>Calories from Fat 251.52</b>	
% Daily Value		
<b>Total Fat</b>	<b>27.95 g</b>	<b>43%</b>
Saturated	4.34 g	22%
PolyUnSat	11.61 g	n/a
MonoUnSat	6.49 g	n/a
<b>Cholesterol</b>	<b>66.98 mg</b>	<b>22%</b>
<b>Sodium</b>	<b>1250.77 mg</b>	<b>52%</b>
<b>Potassium</b>	<b>339.48 mg</b>	<b>10%</b>
<b>Total Carbs</b>	<b>27.62 g</b>	<b>9%</b>
Dietary Fiber	4.89 g	20%
Sugars	20.75 g	n/a
<b>Protein</b>	<b>27.66 g</b>	
Vitamin A - 120%	Vitamin C - 73%	
Calcium - 8%	Iron - 12%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 5%	Niacin - 2%	
Vitamin B6 - 7%	Folic Acid - 9%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 4%	Magnesium - 5%	
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	0.000 IU
Vitamin E	3.194 mg
Vitamin E	0.000 IU
Vitamin E	0.163 alp
Vitamin K	144.876 mcg
Vitamin A	5977.752 IU
Vitamin A	1180.089 RE

Water Soluble Vitamins	
Thiamin B1	0.098 mg
Riboflavin B2	0.087 mg
Niacin B3	0.087 NE
Niacin B3	0.426 mg
Pyridoxine B6	0.139 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.128 mg
Vitamin C	43.729 mg
Folic Acid	36.952 mcg

Minerals	
Phosphorus	40.769 mg
Zinc	0.294 mg
Magnesium	19.648 mg
Copper	0.118 mg
Selenium	0.512 mg
Iron	2.084 mg
Calcium	78.134 mg
Manganese	0.351 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

