

RECIPE ANALYSIS

Recipe Name : F-9
Serving Size : 1 EACH

Recipe Desc : Pita Bread Plate w/Chicken Sal
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 313.19	Calories from Fat 110.67	
% Daily Value		
Total Fat	12.30 g	19%
Saturated	5.80 g	29%
PolyUnSat	5.85 g	n/a
MonoUnSat	2.43 g	n/a
Cholesterol	60.67 mg	20%
Sodium	309.67 mg	13%
Potassium	500.37 mg	14%
Total Carbs	25.40 g	8%
Dietary Fiber	3.51 g	14%
Sugars	19.68 g	n/a
Protein	28.31 g	
Vitamin A - 56%	Vitamin C - 23%	
Calcium - 6%	Iron - 6%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 5%	Niacin - 5%	
Vitamin B6 - 6%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 5%	Magnesium - 6%	
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	2.156 IU
Vitamin E	0.000 mg
Vitamin E	1.669 IU
Vitamin E	0.022 alp
Vitamin K	66.565 mcg
Vitamin A	2781.876 IU
Vitamin A	556.377 RE

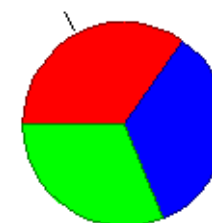
Water Soluble Vitamins	
Thiamin B1	0.070 mg
Riboflavin B2	0.088 mg
Niacin B3	0.000 NE
Niacin B3	1.063 mg
Pyridoxine B6	0.120 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.201 mg
Vitamin C	13.980 mg
Folic Acid	24.860 mcg

Minerals	
Phosphorus	54.835 mg
Zinc	0.345 mg
Magnesium	23.517 mg
Copper	0.110 mg
Selenium	0.265 mg
Iron	1.028 mg
Calcium	59.738 mg
Manganese	0.237 mg
Iodine	15.680 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



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.