

RECIPE ANALYSIS

Recipe Name : F-21Rev
Serving Size : 1 EACH

Recipe Desc : Taco Salad/Tortilla Shell
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 847.48	Calories from Fat 496.19	
% Daily Value		
Total Fat	55.13 g	85%
Saturated	16.25 g	81%
PolyUnSat	3.32 g	n/a
MonoUnSat	9.83 g	n/a
Cholesterol	77.32 mg	26%
Sodium	1516.29 mg	63%
Potassium	859.22 mg	25%
Total Carbs	59.58 g	20%
Dietary Fiber	9.07 g	36%
Sugars	9.18 g	n/a
Protein	33.30 g	
Vitamin A - 134%	Vitamin C - 52%	
Calcium - 42%	Iron - 27%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 5%	Niacin - 9%	
Vitamin B6 - 12%	Folic Acid - 8%	
Vitamin B12 - 0%	Pantothenic Acid - 6%	
Phosphorous - 5%	Magnesium - 9%	
Zinc - 3%	Copper - 11%	
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	0.000 IU
Vitamin E	0.667 alp
Vitamin K	0.000 mcg
Vitamin A	6706.767 IU
Vitamin A	1307.932 RE

Water Soluble Vitamins	
Thiamin B1	0.100 mg
Riboflavin B2	0.087 mg
Niacin B3	0.000 NE
Niacin B3	1.775 mg
Pyridoxine B6	0.248 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.638 mg
Vitamin C	31.143 mg
Folic Acid	33.693 mcg

Minerals	
Phosphorus	51.870 mg
Zinc	0.443 mg
Magnesium	34.974 mg
Copper	0.211 mg
Selenium	0.000 mg
Iron	4.940 mg
Calcium	423.356 mg
Manganese	0.261 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

