

RECIPE ANALYSIS

Recipe Name : B-33
Serving Size : 1 slice+1/4c sc

Recipe Desc : Apple Glazed Pork Steak
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 slice+1/4c sc		
Amount Per Serving		
Calories 330.79	Calories from Fat 66.59	
% Daily Value		
Total Fat	7.40 g	11%
Saturated	2.84 g	14%
PolyUnSat	0.92 g	n/a
MonoUnSat	3.52 g	n/a
Cholesterol	57.83 mg	19%
Sodium	49.99 mg	2%
Potassium	392.12 mg	11%
Total Carbs	43.24 g	14%
Dietary Fiber	0.09 g	0%
Sugars	34.14 g	n/a
Protein	26.11 g	
Vitamin A - 0%	Vitamin C - 19%	
Calcium - 1%	Iron - 4%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 2%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 2%	
Zinc - 11%	Copper - n/a	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1.719 IU
Vitamin A	0.344 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.003 mg
Niacin B3	n/a
Niacin B3	0.008 mg
Pyridoxine B6	0.037 mg
Cobalamin B12	0.090 mcg
Pantothenic Acid	n/a
Vitamin C	11.146 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	1.708 mg
Magnesium	8.560 mg
Copper	n/a
Selenium	n/a
Iron	0.746 mg
Calcium	7.613 mg
Manganese	n/a
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

Source Of Calories

