

RECIPE ANALYSIS

Recipe Name : B-30
Serving Size : 4 oz. chop

Recipe Desc : Baked Pork Chops w/ Apples
Prep Time :

Author :
Cook Time :

Yield : 56

Nutrition Information		
Serving Size: 4 oz. chop		
Amount Per Serving		
Calories 294.42	Calories from Fat 103.94	
% Daily Value		
Total Fat	11.55 g	18%
Saturated	4.08 g	20%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	475.97 mg	20%
Potassium	515.02 mg	15%
Total Carbs	11.90 g	4%
Dietary Fiber	1.19 g	5%
Sugars	10.42 g	n/a
Protein	33.62 g	
Vitamin A - 1%	Vitamin C - 28%	
Calcium - 5%	Iron - 11%	
Vitamin E - n/a	Thiamin - 67%	
Riboflavin - 22%	Niacin - 30%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 8%	
Phosphorous - 28%	Magnesium - 8%	
Zinc - 18%	Copper - 4%	
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	28.213 IU
Vitamin A	5.601 RE

Water Soluble Vitamins	
Thiamin B1	1.007 mg
Riboflavin B2	0.376 mg
Niacin B3	n/a
Niacin B3	5.937 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.844 mg
Vitamin C	16.581 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	277.834 mg
Zinc	2.707 mg
Magnesium	32.754 mg
Copper	0.074 mg
Selenium	0.000 mg
Iron	2.026 mg
Calcium	54.899 mg
Manganese	0.030 mg
Iodine	45.102 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

