

# RECIPE ANALYSIS

Recipe Name : B-11  
Serving Size : 1 chop

Recipe Desc : Baked Pork Chops  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 chop		
Amount Per Serving		
<b>Calories 337.21</b>	<b>Calories from Fat 151.01</b>	
% Daily Value		
<b>Total Fat</b>	<b>16.78 g</b>	<b>26%</b>
Saturated	5.18 g	26%
PolyUnSat	2.92 g	n/a
MonoUnSat	0.97 g	n/a
<b>Cholesterol</b>	<b>3.20 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>454.85 mg</b>	<b>19%</b>
<b>Potassium</b>	<b>487.99 mg</b>	<b>14%</b>
<b>Total Carbs</b>	<b>9.11 g</b>	<b>3%</b>
Dietary Fiber	0.35 g	1%
Sugars	2.19 g	n/a
<b>Protein</b>	<b>35.75 g</b>	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 9%	Iron - 8%	
Vitamin E - n/a	Thiamin - 71%	
Riboflavin - 24%	Niacin - 32%	
Vitamin B6 - 0%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 9%	
Phosphorous - 29%	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	16.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	87.409 IU
Vitamin A	17.425 RE

Water Soluble Vitamins	
Thiamin B1	1.066 mg
Riboflavin B2	0.407 mg
Niacin B3	n/a
Niacin B3	6.406 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.884 mg
Vitamin C	0.792 mg
Folic Acid	14.515 mcg

Minerals	
Phosphorus	287.632 mg
Zinc	2.760 mg
Magnesium	33.742 mg
Copper	0.087 mg
Selenium	0.000 mg
Iron	1.424 mg
Calcium	85.920 mg
Manganese	0.092 mg
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**

