

# RECIPE ANALYSIS

Recipe Name : B-03  
Serving Size : 14 OZ

Recipe Desc : Bavarian Smoked Pork Loin  
Prep Time :

Author :  
Cook Time :

Yield : 53

Nutrition Information		
Serving Size: 14 oz		
Amount Per Serving		
<b>Calories 290.63</b>	<b>Calories from Fat 62.47</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.94 g</b>	<b>11%</b>
Saturated	2.57 g	13%
PolyUnSat	0.73 g	n/a
MonoUnSat	3.06 g	n/a
<b>Cholesterol</b>	<b>75.65 mg</b>	<b>25%</b>
<b>Sodium</b>	<b>2320.71 mg</b>	<b>97%</b>
<b>Potassium</b>	<b>933.56 mg</b>	<b>27%</b>
<b>Total Carbs</b>	<b>27.39 g</b>	<b>9%</b>
Dietary Fiber	5.16 g	21%
Sugars	1.93 g	n/a
<b>Protein</b>	<b>25.90 g</b>	
Vitamin A - 42%	Vitamin C - 38%	
Calcium - 2%	Iron - 9%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 3%	Niacin - 7%	
Vitamin B6 - 13%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 5%	Magnesium - 12%	
Zinc - 17%	Copper - 10%	
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	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.356 mcg
Vitamin A	2079.669 IU
Vitamin A	415.363 RE

Water Soluble Vitamins	
Thiamin B1	0.095 mg
Riboflavin B2	0.047 mg
Niacin B3	n/a
Niacin B3	1.331 mg
Pyridoxine B6	0.258 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.298 mg
Vitamin C	23.002 mg
Folic Acid	13.069 mcg

Minerals	
Phosphorus	48.436 mg
Zinc	2.568 mg
Magnesium	48.885 mg
Copper	0.203 mg
Selenium	0.013 mg
Iron	1.623 mg
Calcium	21.412 mg
Manganese	0.266 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**

