

# RECIPE ANALYSIS

Recipe Name : B-10  
Serving Size : 1 chop

Recipe Desc : Breaded Pork Chops  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 chop		
Amount Per Serving		
<b>Calories 295.42</b>	<b>Calories from Fat 113.67</b>	
% Daily Value		
<b>Total Fat</b>	<b>12.63 g</b>	<b>19%</b>
Saturated	4.33 g	22%
PolyUnSat	0.07 g	n/a
MonoUnSat	0.20 g	n/a
<b>Cholesterol</b>	<b>22.97 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>383.83 mg</b>	<b>16%</b>
<b>Potassium</b>	<b>482.58 mg</b>	<b>14%</b>
<b>Total Carbs</b>	<b>7.06 g</b>	<b>2%</b>
Dietary Fiber	0.36 g	1%
Sugars	0.84 g	n/a
<b>Protein</b>	<b>35.75 g</b>	
Vitamin A - 1%	Vitamin C - 1%	
Calcium - 6%	Iron - 8%	
Vitamin E - n/a	Thiamin - 67%	
Riboflavin - 23%	Niacin - 30%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 1%	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	0.068 mcg
Vitamin D	6.875 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	60.865 IU
Vitamin A	12.160 RE

Water Soluble Vitamins	
Thiamin B1	1.010 mg
Riboflavin B2	0.396 mg
Niacin B3	n/a
Niacin B3	5.930 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.052 mcg
Pantothenic Acid	0.910 mg
Vitamin C	0.458 mg
Folic Acid	2.448 mcg

Minerals	
Phosphorus	287.105 mg
Zinc	2.753 mg
Magnesium	32.267 mg
Copper	0.075 mg
Selenium	1.604 mg
Iron	1.518 mg
Calcium	64.057 mg
Manganese	0.031 mg
Iodine	26.310 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

