

RECIPE ANALYSIS

Recipe Name : B-12
Serving Size : 5 OZ

Recipe Desc : Galloping Thai Skillet
Prep Time :

Author :
Cook Time :

Yield : 90

Nutrition Information		
Serving Size: 5 oz		
Amount Per Serving		
Calories 289.45	Calories from Fat 175.81	
% Daily Value		
Total Fat	19.53 g	30%
Saturated	6.03 g	30%
PolyUnSat	1.62 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	43.20 mg	14%
Sodium	296.64 mg	12%
Potassium	115.12 mg	3%
Total Carbs	14.69 g	5%
Dietary Fiber	1.31 g	5%
Sugars	4.59 g	n/a
Protein	11.71 g	
Vitamin A - 38%	Vitamin C - 18%	
Calcium - 3%	Iron - 8%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 5%	
Vitamin B6 - 2%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 3%	
Zinc - 1%	Copper - 2%	
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	0.000 IU
Vitamin E	0.001 mg
Vitamin E	0.548 IU
Vitamin E	n/a
Vitamin K	1.690 mcg
Vitamin A	1916.775 IU
Vitamin A	375.434 RE

Water Soluble Vitamins	
Thiamin B1	0.025 mg
Riboflavin B2	0.026 mg
Niacin B3	n/a
Niacin B3	0.936 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.072 mg
Vitamin C	10.560 mg
Folic Acid	3.490 mcg

Minerals	
Phosphorus	34.201 mg
Zinc	0.138 mg
Magnesium	11.238 mg
Copper	0.040 mg
Selenium	0.010 mg
Iron	1.375 mg
Calcium	33.255 mg
Manganese	0.022 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.