

RECIPE ANALYSIS

Recipe Name : B-6
Serving Size : 1 EACH

Recipe Desc : Ham and Potatoes Au Gratin
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 232.36	Calories from Fat 49.49	
% Daily Value		
Total Fat	5.50 g	8%
Saturated	2.61 g	13%
PolyUnSat	0.13 g	n/a
MonoUnSat	0.98 g	n/a
Cholesterol	32.28 mg	11%
Sodium	876.88 mg	37%
Potassium	23.24 mg	1%
Total Carbs	27.09 g	9%
Dietary Fiber	1.55 g	6%
Sugars	7.16 g	n/a
Protein	17.39 g	
Vitamin A - 8%	Vitamin C - 12%	
Calcium - 24%	Iron - 5%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 4%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 6%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	0.000 mcg
Vitamin D	54.167 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.018 mcg
Vitamin A	399.105 IU
Vitamin A	79.816 RE

Water Soluble Vitamins	
Thiamin B1	0.051 mg
Riboflavin B2	0.067 mg
Niacin B3	0.000 NE
Niacin B3	0.390 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	7.442 mg
Folic Acid	10.631 mcg

Minerals	
Phosphorus	55.206 mg
Zinc	0.008 mg
Magnesium	0.473 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.910 mg
Calcium	243.827 mg
Manganese	0.006 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

Source Of Calories

