RECIPE ANALYSIS

Recipe Name : B-14 **Recipe Desc : Honey Garlic Roasted Pork Loin** **Author :** **Yield : 97**
Serving Size : 9 OZ **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 9 oz

Amount Per Serving

Calories 196.97 **Calories from Fat 65.43**

			% Daily Value
Total Fat	**7.27**	**g**	**11%**
Saturated	2.38	g	12%
PolyUnSat	0.09	g	n/a
MonoUnSat	0.01	g	n/a
Cholesterol	**35.07**	**mg**	**12%**
Sodium	**617.20**	**mg**	**26%**
Potassium	**368.77**	**mg**	**11%**
Total Carbs	**19.96**	**g**	**7%**
Dietary Fiber	2.54	g	10%
Sugars	3.26	g	n/a
Protein	**13.24**	**g**	

Vitamin A - 20%	Vitamin C - 141%
Calcium - 5%	Iron - 8%
Vitamin E - n/a	Thiamin - 5%
Riboflavin - 4%	Niacin - 4%
Vitamin B6 - 9%	Folic Acid - 10%
Vitamin B12 - 0%	Pantothenic Acid - 4%
Phosphorous - 5%	Magnesium - 5%
Zinc - 2%	Copper - 6%

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	0.000	mg
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	0.035	mcg
Vitamin A	1009.313	IU
Vitamin A	127.883	RE

Water Soluble Vitamins

Thiamin B1	0.072	mg
Riboflavin B2	0.073	mg
Niacin B3	n/a	
Niacin B3	0.849	mg
Pyridoxine B6	0.177	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.394	mg
Vitamin C	84.320	mg
Folic Acid	40.684	mcg

Minerals

Phosphorus	51.240	mg
Zinc	0.360	mg
Magnesium	20.926	mg
Copper	0.114	mg
Selenium	n/a	
Iron	1.474	mg
Calcium	48.599	mg
Manganese	0.220	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.