

# RECIPE ANALYSIS

Recipe Name : B-25  
Serving Size : 1 EACH

Recipe Desc : Knockwurst and Sauerkraut  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 349.24</b>	<b>Calories from Fat 260.77</b>	
	% Daily Value	
<b>Total Fat</b>	<b>28.97 g</b>	<b>45%</b>
Saturated	10.99 g	55%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>69.94 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>1729.80 mg</b>	<b>72%</b>
<b>Potassium</b>	<b>609.46 mg</b>	<b>17%</b>
<b>Total Carbs</b>	<b>5.91 g</b>	<b>2%</b>
Dietary Fiber	3.90 g	16%
Sugars	5.90 g	n/a
<b>Protein</b>	<b>13.99 g</b>	
Vitamin A - 0%	Vitamin C - 16%	
Calcium - 2%	Iron - 8%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	0.146 IU
Vitamin A	0.023 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	9.498 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.001 mg
Magnesium	0.025 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.363 mg
Calcium	15.037 mg
Manganese	0.000 mg
Iodine	1.021 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

