

RECIPE ANALYSIS

Recipe Name : B-17
Serving Size : 16 OZ

Recipe Desc : Paella
Prep Time :

Author :
Cook Time :

Yield : 22

Nutrition Information		
Serving Size: 16 oz		
Amount Per Serving		
Calories 719.08	Calories from Fat 340.75	
% Daily Value		
Total Fat	37.86 g	58%
Saturated	7.41 g	37%
PolyUnSat	0.94 g	n/a
MonoUnSat	3.81 g	n/a
Cholesterol	79.45 mg	26%
Sodium	1076.95 mg	45%
Potassium	313.76 mg	9%
Total Carbs	60.26 g	20%
Dietary Fiber	2.62 g	10%
Sugars	6.85 g	n/a
Protein	33.82 g	
Vitamin A - 48%	Vitamin C - 45%	
Calcium - 5%	Iron - 16%	
Vitamin E - n/a	Thiamin - 23%	
Riboflavin - 3%	Niacin - 29%	
Vitamin B6 - 16%	Folic Acid - 26%	
Vitamin B12 - 3%	Pantothenic Acid - 4%	
Phosphorous - 16%	Magnesium - 1%	
Zinc - 3%	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	0.155 mcg
Vitamin D	6.075 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.438 mcg
Vitamin A	2383.131 IU
Vitamin A	476.625 RE

Water Soluble Vitamins	
Thiamin B1	0.340 mg
Riboflavin B2	0.055 mg
Niacin B3	n/a
Niacin B3	5.751 mg
Pyridoxine B6	0.322 mg
Cobalamin B12	0.193 mcg
Pantothenic Acid	0.414 mg
Vitamin C	27.184 mg
Folic Acid	104.930 mcg

Minerals	
Phosphorus	161.548 mg
Zinc	0.467 mg
Magnesium	3.270 mg
Copper	0.005 mg
Selenium	0.008 mg
Iron	2.935 mg
Calcium	51.978 mg
Manganese	0.042 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

