

RECIPE ANALYSIS

Recipe Name : B-29
Serving Size : 1 bis+ 6 oz.gvy

Recipe Desc : Sausage Gravy & Biscuits
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 bis+ 6 oz.gvy		
Amount Per Serving		
Calories 367.47	Calories from Fat 211.25	
% Daily Value		
Total Fat	23.47 g	36%
Saturated	8.88 g	44%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	52.36 mg	17%
Sodium	972.95 mg	41%
Potassium	348.63 mg	10%
Total Carbs	25.34 g	8%
Dietary Fiber	0.28 g	1%
Sugars	7.03 g	n/a
Protein	14.59 g	
Vitamin A - 6%	Vitamin C - 3%	
Calcium - 19%	Iron - 8%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 2%	
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	52.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	323.611 IU
Vitamin A	63.273 RE

Water Soluble Vitamins	
Thiamin B1	0.027 mg
Riboflavin B2	0.017 mg
Niacin B3	n/a
Niacin B3	0.225 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.018 mg
Vitamin C	1.567 mg
Folic Acid	6.742 mcg

Minerals	
Phosphorus	4.536 mg
Zinc	0.031 mg
Magnesium	0.924 mg
Copper	0.006 mg
Selenium	0.000 mg
Iron	1.359 mg
Calcium	186.655 mg
Manganese	0.029 mg
Iodine	11.760 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

