

RECIPE ANALYSIS

Recipe Name : B-16
Serving Size : 8 oz.

Recipe Desc : Seasoned Country Ribs
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
Calories 672.35	Calories from Fat 438.97	
	% Daily Value	
Total Fat	48.77 g	75%
Saturated	18.17 g	91%
PolyUnSat	4.47 g	n/a
MonoUnSat	21.05 g	n/a
Cholesterol	197.32 mg	66%
Sodium	932.33 mg	39%
Potassium	1.98 mg	0%
Total Carbs	0.24 g	0%
Dietary Fiber	0.05 g	0%
Sugars	0.09 g	n/a
Protein	54.16 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 7%	Iron - 16%	
Vitamin E - n/a	Thiamin - 77%	
Riboflavin - 35%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - n/a	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 54%	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	0.203 IU
Vitamin A	0.021 RE

Water Soluble Vitamins	
Thiamin B1	1.157 mg
Riboflavin B2	0.590 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	0.022 mg
Folic Acid	n/a

Minerals	
Phosphorus	0.000 mg
Zinc	8.074 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.797 mg
Calcium	66.241 mg
Manganese	0.000 mg
Iodine	50.515 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



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.