

# RECIPE ANALYSIS

Recipe Name : C-01  
Serving Size : 1c + 3/4c rice

Recipe Desc : Sesame Chicken w/ Peanut Sauce Author :  
Prep Time : Cook Time :

Yield : 30

Nutrition Information		
Serving Size: 1c + 3/4c rice		
Amount Per Serving		
<b>Calories 559.74</b>	<b>Calories from Fat 40.33</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.48 g</b>	<b>7%</b>
Saturated	0.41 g	2%
PolyUnSat	0.56 g	n/a
MonoUnSat	0.33 g	n/a
<b>Cholesterol</b>	<b>46.37 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>1564.51 mg</b>	<b>65%</b>
<b>Potassium</b>	<b>989.93 mg</b>	<b>28%</b>
<b>Total Carbs</b>	<b>102.12 g</b>	<b>34%</b>
Dietary Fiber	4.69 g	19%
Sugars	0.00 g	n/a
<b>Protein</b>	<b>29.46 g</b>	
Vitamin A - 385%	Vitamin C - 206%	
Calcium - 9%	Iron - 15%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 12%	Niacin - 53%	
Vitamin B6 - 43%	Folic Acid - 19%	
Vitamin B12 - 5%	Pantothenic Acid - 12%	
Phosphorous - 34%	Magnesium - 12%	
Zinc - 8%	Copper - 9%	
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	0.246 mcg
Vitamin D	9.653 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.507 alp
Vitamin K	n/a
Vitamin A	19251.391 IU
Vitamin A	3850.278 RE

Water Soluble Vitamins	
Thiamin B1	0.266 mg
Riboflavin B2	0.204 mg
Niacin B3	n/a
Niacin B3	10.550 mg
Pyridoxine B6	0.865 mg
Cobalamin B12	0.307 mcg
Pantothenic Acid	1.245 mg
Vitamin C	123.312 mg
Folic Acid	74.047 mcg

Minerals	
Phosphorus	342.893 mg
Zinc	1.209 mg
Magnesium	47.413 mg
Copper	0.187 mg
Selenium	n/a
Iron	2.623 mg
Calcium	87.410 mg
Manganese	0.427 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

