

# RECIPE ANALYSIS

Recipe Name : B-05  
Serving Size : 1 chop

Recipe Desc : Smothered Pork Chop  
Prep Time :

Author :  
Cook Time :

Yield : 35

Nutrition Information		
Serving Size: 1 chop		
Amount Per Serving		
<b>Calories 247.18</b>	<b>Calories from Fat 104.16</b>	
	% Daily Value	
<b>Total Fat</b>	<b>11.57 g</b>	<b>18%</b>
Saturated	3.70 g	19%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>3.20 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>631.80 mg</b>	<b>26%</b>
<b>Potassium</b>	<b>394.95 mg</b>	<b>11%</b>
<b>Total Carbs</b>	<b>10.68 g</b>	<b>4%</b>
Dietary Fiber	1.93 g	8%
Sugars	3.13 g	n/a
<b>Protein</b>	<b>24.24 g</b>	
Vitamin A - 1%	Vitamin C - 5%	
Calcium - 3%	Iron - 5%	
Vitamin E - n/a	Thiamin - 47%	
Riboflavin - 16%	Niacin - 20%	
Vitamin B6 - 3%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 6%	
Phosphorous - 20%	Magnesium - 7%	
Zinc - 13%	Copper - 3%	
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	0.457 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.844 mcg
Vitamin A	31.238 IU
Vitamin A	6.250 RE

Water Soluble Vitamins	
Thiamin B1	0.701 mg
Riboflavin B2	0.264 mg
Niacin B3	n/a
Niacin B3	4.051 mg
Pyridoxine B6	0.064 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.570 mg
Vitamin C	2.998 mg
Folic Acid	2.057 mcg

Minerals	
Phosphorus	199.842 mg
Zinc	1.893 mg
Magnesium	26.122 mg
Copper	0.052 mg
Selenium	0.023 mg
Iron	0.948 mg
Calcium	34.905 mg
Manganese	0.079 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

