

# RECIPE ANALYSIS

Recipe Name : B-18  
Serving Size : 1 chop

Recipe Desc : Stuffed Pork Chops  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 chop		
Amount Per Serving		
<b>Calories 528.75</b>	<b>Calories from Fat 205.30</b>	
% Daily Value		
<b>Total Fat</b>	<b>22.81 g</b>	<b>35%</b>
Saturated	7.68 g	38%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>5.23 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>911.05 mg</b>	<b>38%</b>
<b>Potassium</b>	<b>602.63 mg</b>	<b>17%</b>
<b>Total Carbs</b>	<b>31.08 g</b>	<b>10%</b>
Dietary Fiber	1.32 g	5%
Sugars	3.54 g	n/a
<b>Protein</b>	<b>47.06 g</b>	
Vitamin A - 0%	Vitamin C - 1%	
Calcium - 7%	Iron - 15%	
Vitamin E - n/a	Thiamin - 96%	
Riboflavin - 34%	Niacin - 46%	
Vitamin B6 - 0%	Folic Acid - 7%	
Vitamin B12 - 0%	Pantothenic Acid - 11%	
Phosphorous - 35%	Magnesium - 10%	
Zinc - 23%	Copper - 5%	
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	8.550 IU
Vitamin A	1.709 RE

Water Soluble Vitamins	
Thiamin B1	1.439 mg
Riboflavin B2	0.570 mg
Niacin B3	n/a
Niacin B3	9.128 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	1.085 mg
Vitamin C	0.431 mg
Folic Acid	29.030 mcg

Minerals	
Phosphorus	354.641 mg
Zinc	3.418 mg
Magnesium	41.179 mg
Copper	0.102 mg
Selenium	0.000 mg
Iron	2.699 mg
Calcium	67.759 mg
Manganese	0.084 mg
Iodine	23.520 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**

