

RECIPE ANALYSIS

Recipe Name : B-22
Serving Size : 1c.Mt.?1/2cRice

Recipe Desc : Sweet & Sour Pork/Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1c.Mt.?1/2cRice		
Amount Per Serving		
Calories 323.76	Calories from Fat 56.41	
% Daily Value		
Total Fat	6.27 g	10%
Saturated	2.21 g	11%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	51.87 mg	17%
Sodium	563.23 mg	23%
Potassium	60.79 mg	2%
Total Carbs	43.49 g	14%
Dietary Fiber	1.42 g	6%
Sugars	12.01 g	n/a
Protein	20.88 g	
Vitamin A - 7%	Vitamin C - 53%	
Calcium - 3%	Iron - 9%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 9%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.000 mcg
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.102 mcg
Vitamin A	361.327 IU
Vitamin A	72.265 RE

Water Soluble Vitamins	
Thiamin B1	0.113 mg
Riboflavin B2	0.007 mg
Niacin B3	n/a
Niacin B3	0.022 mg
Pyridoxine B6	0.041 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	32.085 mg
Folic Acid	34.518 mcg

Minerals	
Phosphorus	7.314 mg
Zinc	0.057 mg
Magnesium	3.106 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.660 mg
Calcium	29.563 mg
Manganese	0.036 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

