RECIPE ANALYSIS

Recipe Name : C-40 **Recipe Desc : Almond Crusted Chicken Breast** **Author :** **Yield : 24**
Serving Size : 1 breast **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 1 breast

Amount Per Serving

Calories 258.42 **Calories from Fat 66.96**

			% Daily Value
Total Fat	**7.44**	**g**	**11%**
Saturated	0.52	g	3%
PolyUnSat	0.40	g	n/a
MonoUnSat	0.32	g	n/a
Cholesterol	**53.26**	**mg**	**18%**
Sodium	**545.47**	**mg**	**23%**
Potassium	**283.97**	**mg**	**8%**
Total Carbs	**19.93**	**g**	**7%**
Dietary Fiber	1.63	g	7%
Sugars	1.71	g	n/a
Protein	**26.19**	**g**	

Vitamin A - 2%	Vitamin C - 2%
Calcium - 6%	Iron - 12%
Vitamin E - n/a	Thiamin - 8%
Riboflavin - 7%	Niacin - 54%
Vitamin B6 - 25%	Folic Acid - 5%
Vitamin B12 - 6%	Pantothenic Acid - 8%
Phosphorous - 31%	Magnesium - 4%
Zinc - 6%	Copper - 4%

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	0.280	mcg
Vitamin D	19.333	IU
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	n/a	
Vitamin A	78.530	IU
Vitamin A	15.685	RE

Water Soluble Vitamins

Thiamin B1	0.124	mg
Riboflavin B2	0.120	mg
Niacin B3	n/a	
Niacin B3	10.742	mg
Pyridoxine B6	0.504	mg
Cobalamin B12	0.350	mcg
Pantothenic Acid	0.793	mg
Vitamin C	1.482	mg
Folic Acid	19.732	mcg

Minerals

Phosphorus	309.120	mg
Zinc	0.963	mg
Magnesium	15.033	mg
Copper	0.071	mg
Selenium	0.000	mg
Iron	2.196	mg
Calcium	62.970	mg
Manganese	0.068	mg
Iodine	n/a	

US Diabetic Exchanges

Not Available.

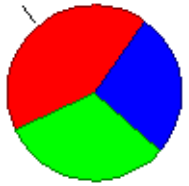
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents

Not Available.

Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories



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.