

RECIPE ANALYSIS

Recipe Name : C-30
Serving Size : 1 EACH

Recipe Desc : Apple Glazed Turkey
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 278.53	Calories from Fat 4.81	
% Daily Value		
Total Fat	0.53 g	1%
Saturated	0.01 g	0%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	60.75 mg	20%
Sodium	508.27 mg	21%
Potassium	24.59 mg	1%
Total Carbs	44.25 g	15%
Dietary Fiber	0.09 g	0%
Sugars	35.04 g	n/a
Protein	24.33 g	
Vitamin A - 0%	Vitamin C - 17%	
Calcium - 0%	Iron - 7%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 2%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 2%	
Zinc - 0%	Copper - n/a	
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	0.000 alp
Vitamin K	n/a
Vitamin A	1.719 IU
Vitamin A	0.344 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.003 mg
Niacin B3	n/a
Niacin B3	0.008 mg
Pyridoxine B6	0.037 mg
Cobalamin B12	0.090 mcg
Pantothenic Acid	n/a
Vitamin C	10.126 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.007 mg
Magnesium	8.560 mg
Copper	n/a
Selenium	n/a
Iron	1.273 mg
Calcium	1.716 mg
Manganese	n/a
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

