

RECIPE ANALYSIS

Recipe Name : C-07
Serving Size : 1 piece

Recipe Desc : BBQ Chicken
Prep Time :

Author :
Cook Time :

Yield : 25

| Nutrition Information | | |
|---|---------------------------------|-----------------------|
| Serving Size: 1 piece | | |
| Amount Per Serving | | |
| Calories 576.75 | Calories from Fat 333.80 | |
| % Daily Value | | |
| Total Fat | 37.09 g | 57% |
| Saturated | 11.01 g | 55% |
| PolyUnSat | 0.04 g | n/a |
| MonoUnSat | 0.01 g | n/a |
| Cholesterol | 170.00 mg | 57% |
| Sodium | 1658.33 mg | 69% |
| Potassium | 98.03 mg | 3% |
| Total Carbs | 33.54 g | 11% |
| Dietary Fiber | 0.25 g | 1% |
| Sugars | 15.54 g | n/a |
| Protein | 26.03 g | |
| Vitamin A - 12% | | Vitamin C - 3% |
| Calcium - 1% | | Iron - 8% |
| Vitamin E - n/a | | Thiamin - 4% |
| Riboflavin - 2% | | Niacin - 2% |
| Vitamin B6 - 0% | | Folic Acid - 4% |
| Vitamin B12 - 0% | | Pantothenic Acid - 0% |
| Phosphorous - 1% | | Magnesium - 0% |
| Zinc - 0% | | Copper - 1% |
| 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 | 579.891 IU |
| Vitamin A | 115.973 RE |

| Water Soluble Vitamins | |
|------------------------|------------|
| Thiamin B1 | 0.058 mg |
| Riboflavin B2 | 0.036 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.480 mg |
| Pyridoxine B6 | 0.004 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.039 mg |
| Vitamin C | 1.926 mg |
| Folic Acid | 14.515 mcg |

| Minerals | |
|------------|------------|
| Phosphorus | 9.798 mg |
| Zinc | 0.064 mg |
| Magnesium | 1.996 mg |
| Copper | 0.013 mg |
| Selenium | 0.000 mg |
| Iron | 1.488 mg |
| Calcium | 12.998 mg |
| Manganese | 0.062 mg |
| Iodine | 75.772 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

