

RECIPE ANALYSIS

Recipe Name : C-64
Serving Size : 1 breast

Recipe Desc : Cajun Style Chicken Breast
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
Calories 155.55	Calories from Fat 39.31	
% Daily Value		
Total Fat	4.37 g	7%
Saturated	1.30 g	6%
PolyUnSat	0.73 g	n/a
MonoUnSat	2.19 g	n/a
Cholesterol	67.81 mg	23%
Sodium	131.80 mg	5%
Potassium	1.92 mg	0%
Total Carbs	2.89 g	1%
Dietary Fiber	0.23 g	1%
Sugars	2.30 g	n/a
Protein	26.00 g	
Vitamin A - 2%	Vitamin C - 5%	
Calcium - 1%	Iron - 4%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	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	91.744 IU
Vitamin A	18.343 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.287 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	4.320 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.630 mg
Calcium	11.354 mg
Manganese	0.000 mg
Iodine	3.920 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

