

# RECIPE ANALYSIS

Recipe Name : C-12  
Serving Size : 6 oz.

Recipe Desc : Chicken & Broccoli Au Gratin  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
<b>Calories 437.67</b>	<b>Calories from Fat 88.52</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.84 g</b>	<b>15%</b>
Saturated	1.85 g	9%
PolyUnSat	4.94 g	n/a
MonoUnSat	1.69 g	n/a
<b>Cholesterol</b>	<b>14.72 mg</b>	<b>5%</b>
<b>Sodium</b>	<b>1310.19 mg</b>	<b>55%</b>
<b>Potassium</b>	<b>277.86 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>72.84 g</b>	<b>24%</b>
Dietary Fiber	3.54 g	14%
Sugars	3.15 g	n/a
<b>Protein</b>	<b>18.40 g</b>	
Vitamin A - 6%	Vitamin C - 28%	
Calcium - 8%	Iron - 22%	
Vitamin E - n/a	Thiamin - 48%	
Riboflavin - 23%	Niacin - 24%	
Vitamin B6 - 2%	Folic Acid - 39%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	37.199 mcg
Vitamin A	285.573 IU
Vitamin A	57.110 RE

Water Soluble Vitamins	
Thiamin B1	0.721 mg
Riboflavin B2	0.389 mg
Niacin B3	n/a
Niacin B3	4.887 mg
Pyridoxine B6	0.031 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.098 mg
Vitamin C	16.999 mg
Folic Acid	154.432 mcg

Minerals	
Phosphorus	12.259 mg
Zinc	0.002 mg
Magnesium	4.642 mg
Copper	0.007 mg
Selenium	0.000 mg
Iron	3.910 mg
Calcium	79.842 mg
Manganese	0.043 mg
Iodine	25.257 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

