

RECIPE ANALYSIS

Recipe Name : C-61
Serving Size : 1potato,2/3c tp

Recipe Desc : Chix & Broccoli Stuffed Potato
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1potato,2/3c tp		
Amount Per Serving		
Calories 355.36	Calories from Fat 32.73	
% Daily Value		
Total Fat	3.64 g	6%
Saturated	1.18 g	6%
PolyUnSat	0.43 g	n/a
MonoUnSat	0.45 g	n/a
Cholesterol	19.23 mg	6%
Sodium	142.49 mg	6%
Potassium	1502.72 mg	43%
Total Carbs	65.37 g	22%
Dietary Fiber	1.91 g	8%
Sugars	1.72 g	n/a
Protein	10.53 g	
Vitamin A - 11%	Vitamin C - 131%	
Calcium - 11%	Iron - 16%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 10%	Niacin - 21%	
Vitamin B6 - 34%	Folic Acid - 12%	
Vitamin B12 - 0%	Pantothenic Acid - 11%	
Phosphorous - 16%	Magnesium - 15%	
Zinc - 7%	Copper - 34%	
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	0.089	mcg
Vitamin D	15.559	IU
Vitamin E	0.000	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	0.017	mcg
Vitamin A	574.386	IU
Vitamin A	75.088	RE

Water Soluble Vitamins		
Thiamin B1	0.264	mg
Riboflavin B2	0.163	mg
Niacin B3	n/a	
Niacin B3	4.118	mg
Pyridoxine B6	0.682	mg
Cobalamin B12	0.002	mcg
Pantothenic Acid	1.117	mg
Vitamin C	78.661	mg
Folic Acid	47.503	mcg

Minerals		
Phosphorus	155.399	mg
Zinc	1.117	mg
Magnesium	58.059	mg
Copper	0.671	mg
Selenium	0.417	mg
Iron	2.888	mg
Calcium	109.471	mg
Manganese	0.751	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

