

RECIPE ANALYSIS

Recipe Name : C-13
Serving Size : 1 EACH

Recipe Desc : Chicken Cacciatori
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 229.06	Calories from Fat 53.24	
% Daily Value		
Total Fat	5.92 g	9%
Saturated	1.78 g	9%
PolyUnSat	1.03 g	n/a
MonoUnSat	2.97 g	n/a
Cholesterol	92.23 mg	31%
Sodium	788.77 mg	33%
Potassium	9.71 mg	0%
Total Carbs	7.46 g	2%
Dietary Fiber	0.25 g	1%
Sugars	0.30 g	n/a
Protein	36.18 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 1%	Iron - 6%	
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	0.051 IU
Vitamin A	0.005 RE

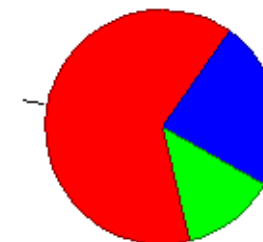
Water Soluble Vitamins	
Thiamin B1	0.058 mg
Riboflavin B2	0.036 mg
Niacin B3	n/a
Niacin B3	0.480 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.039 mg
Vitamin C	0.006 mg
Folic Acid	14.515 mcg

Minerals	
Phosphorus	9.798 mg
Zinc	0.064 mg
Magnesium	1.996 mg
Copper	0.013 mg
Selenium	0.000 mg
Iron	1.135 mg
Calcium	12.274 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.