

RECIPE ANALYSIS

Recipe Name : C-44
Serving Size : 1 chimichanga

Recipe Desc : Chicken Chimichanga
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 chimichanga		
Amount Per Serving		
Calories 252.96	Calories from Fat 87.11	
	% Daily Value	
Total Fat	9.68 g	15%
Saturated	4.18 g	21%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	26.84 mg	9%
Sodium	954.25 mg	40%
Potassium	40.16 mg	1%
Total Carbs	33.46 g	11%
Dietary Fiber	3.77 g	15%
Sugars	4.25 g	n/a
Protein	10.57 g	
Vitamin A - 12%	Vitamin C - 4%	
Calcium - 8%	Iron - 15%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	0.051 alp
Vitamin K	6.851 mcg
Vitamin A	619.981 IU
Vitamin A	123.997 RE

Water Soluble Vitamins	
Thiamin B1	0.012 mg
Riboflavin B2	0.004 mg
Niacin B3	0.031 NE
Niacin B3	0.031 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.024 mg
Vitamin C	2.149 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	5.512 mg
Zinc	0.043 mg
Magnesium	1.969 mg
Copper	0.004 mg
Selenium	0.039 mg
Iron	2.646 mg
Calcium	81.833 mg
Manganese	0.035 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

