

# RECIPE ANALYSIS

Recipe Name : C-35  
Serving Size : 2 enchiladas

Recipe Desc : Chicken Enchilada  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 enchiladas		
Amount Per Serving		
<b>Calories 282.73</b>	<b>Calories from Fat 54.21</b>	
	% Daily Value	
<b>Total Fat</b>	<b>6.02 g</b>	<b>9%</b>
Saturated	0.67 g	3%
PolyUnSat	2.05 g	n/a
MonoUnSat	0.29 g	n/a
<b>Cholesterol</b>	<b>19.95 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>951.38 mg</b>	<b>40%</b>
<b>Potassium</b>	<b>40.32 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>42.17 g</b>	<b>14%</b>
Dietary Fiber	0.77 g	3%
Sugars	1.62 g	n/a
<b>Protein</b>	<b>12.70 g</b>	
Vitamin A - 8%	Vitamin C - 9%	
Calcium - 4%	Iron - 16%	
Vitamin E - n/a	Thiamin - 17%	
Riboflavin - 9%	Niacin - 12%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
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	0.033 alp
Vitamin K	4.402 mcg
Vitamin A	384.948 IU
Vitamin A	76.969 RE

Water Soluble Vitamins	
Thiamin B1	0.250 mg
Riboflavin B2	0.145 mg
Niacin B3	0.020 NE
Niacin B3	2.434 mg
Pyridoxine B6	0.017 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.018 mg
Vitamin C	5.564 mg
Folic Acid	0.919 mcg

Minerals	
Phosphorus	5.359 mg
Zinc	0.045 mg
Magnesium	2.020 mg
Copper	0.009 mg
Selenium	0.025 mg
Iron	2.877 mg
Calcium	35.397 mg
Manganese	0.031 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**

