

RECIPE ANALYSIS

Recipe Name : C-18
Serving Size : 1shell+1/2c fil

Recipe Desc : Chicken Fajita
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1shell+1/2c fil		
Amount Per Serving		
Calories 184.30	Calories from Fat 36.44	
% Daily Value		
Total Fat	4.05 g	6%
Saturated	0.58 g	3%
PolyUnSat	1.44 g	n/a
MonoUnSat	0.91 g	n/a
Cholesterol	29.43 mg	10%
Sodium	631.01 mg	26%
Potassium	72.33 mg	2%
Total Carbs	22.36 g	7%
Dietary Fiber	1.48 g	6%
Sugars	3.03 g	n/a
Protein	14.27 g	
Vitamin A - 19%	Vitamin C - 57%	
Calcium - 2%	Iron - 10%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 5%	Niacin - 7%	
Vitamin B6 - 4%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.084 alp
Vitamin K	1.759 mcg
Vitamin A	947.763 IU
Vitamin A	189.552 RE

Water Soluble Vitamins	
Thiamin B1	0.144 mg
Riboflavin B2	0.082 mg
Niacin B3	n/a
Niacin B3	1.326 mg
Pyridoxine B6	0.084 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.021 mg
Vitamin C	34.097 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	10.662 mg
Zinc	0.066 mg
Magnesium	4.551 mg
Copper	0.014 mg
Selenium	0.000 mg
Iron	1.722 mg
Calcium	18.875 mg
Manganese	0.057 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

