

# RECIPE ANALYSIS

Recipe Name : C-55

Recipe Desc : Chicken Fricassee w/Fettuccini

Author :

Yield : 50

Serving Size : 1brst+1/2c psta

Prep Time :

Cook Time :

| Nutrition Information                                   |                                |            |
|---|--------------------------------|------------|
| Serving Size: 1brst+1/2c psta                           |                                |            |
| Amount Per Serving                                      |                                |            |
| <b>Calories 303.51</b>                                  | <b>Calories from Fat 62.36</b> |            |
| % Daily Value   |                                |            |
| <b>Total Fat</b>  | <b>6.93 g</b>                  | <b>11%</b> |
| Saturated   | 1.65 g                         | 8%         |
| PolyUnSat   | 2.36 g                         | n/a        |
| MonoUnSat   | 2.64 g                         | n/a        |
| <b>Cholesterol</b>                                      | <b>65.12 mg</b>                | <b>22%</b> |
| <b>Sodium</b>   | <b>71.36 mg</b>                | <b>3%</b>  |
| <b>Potassium</b>  | <b>132.18 mg</b>               | <b>4%</b>  |
| <b>Total Carbs</b>                                      | <b>30.50 g</b>                 | <b>10%</b> |
| Dietary Fiber   | 2.55 g                         | 10%        |
| Sugars  | 5.02 g                         | n/a        |
| <b>Protein</b>  | <b>29.34 g</b>                 |            |
| Vitamin A - 20%   | Vitamin C - 6%                 |            |
| Calcium - 4%  | Iron - 11%                     |            |
| Vitamin E - n/a   | Thiamin - 22%                  |            |
| Riboflavin - 9%   | Niacin - 12%                   |            |
| Vitamin B6 - 5%   | Folic Acid - 22%               |            |
| Vitamin B12 - 0%  | Pantothenic Acid - 0%          |            |
| Phosphorous - 6%  | Magnesium - 2%                 |            |
| Zinc - 3%   | Copper - 4%                    |            |
| 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            | 0.719 IU    |
| Vitamin E            | 0.000 mg    |
| Vitamin E            | n/a         |
| Vitamin E            | 0.000 alp   |
| Vitamin K            | 2.812 mcg   |
| Vitamin A            | 1003.584 IU |
| Vitamin A            | 200.712 RE  |

| Water Soluble Vitamins |            |
|------------------------|------------|
| Thiamin B1             | 0.335 mg   |
| Riboflavin B2          | 0.155 mg   |
| Niacin B3              | n/a        |
| Niacin B3              | 2.382 mg   |
| Pyridoxine B6          | 0.097 mg   |
| Cobalamin B12          | 0.000 mcg  |
| Pantothenic Acid       | 0.016 mg   |
| Vitamin C              | 3.344 mg   |
| Folic Acid             | 87.809 mcg |

| Minerals   |           |
|------------|-----------|
| Phosphorus | 59.540 mg |
| Zinc       | 0.448 mg  |
| Magnesium  | 6.057 mg  |
| Copper     | 0.079 mg  |
| Selenium   | 0.036 mg  |
| Iron       | 1.911 mg  |
| Calcium    | 35.410 mg |
| Manganese  | 0.087 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 |

