

RECIPE ANALYSIS

Recipe Name : C-57

Recipe Desc : Chicken Kabobs w/ White Rice

Author :

Yield : 48

Serving Size : 1skwr+1/2c rice

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1skwr+1/2c rice		
Amount Per Serving		
Calories 294.81	Calories from Fat 51.99	
% Daily Value		
Total Fat	5.78 g	9%
Saturated	1.45 g	7%
PolyUnSat	1.10 g	n/a
MonoUnSat	2.65 g	n/a
Cholesterol	72.48 mg	24%
Sodium	872.52 mg	36%
Potassium	189.44 mg	5%
Total Carbs	31.97 g	11%
Dietary Fiber	2.52 g	10%
Sugars	6.31 g	n/a
Protein	29.80 g	
Vitamin A - 19%	Vitamin C - 101%	
Calcium - 3%	Iron - 7%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 8%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 3%	
Zinc - 1%	Copper - 2%	
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	1.500 IU
Vitamin E	0.235 alp
Vitamin K	2.932 mcg
Vitamin A	959.682 IU
Vitamin A	174.188 RE

Water Soluble Vitamins	
Thiamin B1	0.172 mg
Riboflavin B2	0.034 mg
Niacin B3	n/a
Niacin B3	0.388 mg
Pyridoxine B6	0.164 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.105 mg
Vitamin C	60.535 mg
Folic Acid	44.252 mcg

Minerals	
Phosphorus	24.572 mg
Zinc	0.136 mg
Magnesium	10.704 mg
Copper	0.043 mg
Selenium	n/a
Iron	1.200 mg
Calcium	26.488 mg
Manganese	0.124 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

