

RECIPE ANALYSIS

Recipe Name : C-73

Recipe Desc : Chicken Parmagiano

Author :

Yield : 50

Serving Size : 1c sc&pasta+chk

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1c sc&pasta+chk		
Amount Per Serving		
Calories 844.11	Calories from Fat 275.66	
% Daily Value		
Total Fat	30.63 g	47%
Saturated	7.31 g	37%
PolyUnSat	4.28 g	n/a
MonoUnSat	7.26 g	n/a
Cholesterol	53.58 mg	18%
Sodium	2811.81 mg	117%
Potassium	556.45 mg	16%
Total Carbs	106.07 g	35%
Dietary Fiber	7.88 g	32%
Sugars	9.94 g	n/a
Protein	32.59 g	
Vitamin A - 13%	Vitamin C - 7%	
Calcium - 53%	Iron - 29%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 8%	Niacin - 0%	
Vitamin B6 - 2%	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		

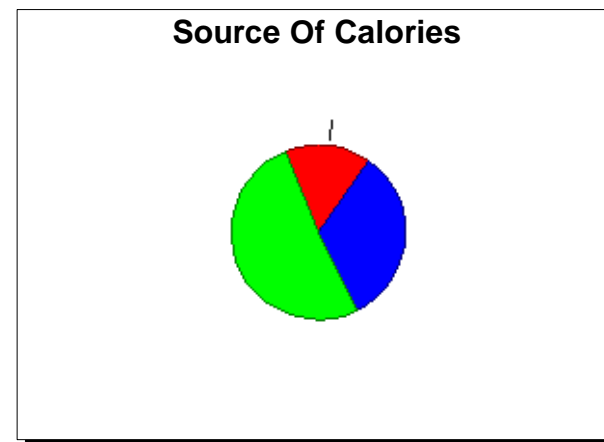
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.051 mcg
Vitamin A	650.087 IU
Vitamin A	110.134 RE

Water Soluble Vitamins	
Thiamin B1	0.008 mg
Riboflavin B2	0.143 mg
Niacin B3	n/a
Niacin B3	0.078 mg
Pyridoxine B6	0.031 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	4.435 mg
Folic Acid	0.009 mcg

Minerals	
Phosphorus	7.081 mg
Zinc	0.064 mg
Magnesium	3.551 mg
Copper	0.007 mg
Selenium	0.000 mg
Iron	5.242 mg
Calcium	529.935 mg
Manganese	0.114 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.