

RECIPE ANALYSIS

Recipe Name : C-74
Serving Size : 1 fld. tortilla

Recipe Desc : Chicken Quesadillas
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 fld. tortilla		
Amount Per Serving		
Calories 469.03	Calories from Fat 198.25	
% Daily Value		
Total Fat	22.03 g	34%
Saturated	11.43 g	57%
PolyUnSat	0.80 g	n/a
MonoUnSat	2.29 g	n/a
Cholesterol	78.84 mg	26%
Sodium	1255.47 mg	52%
Potassium	114.25 mg	3%
Total Carbs	41.88 g	14%
Dietary Fiber	2.86 g	11%
Sugars	2.35 g	n/a
Protein	27.47 g	
Vitamin A - 18%	Vitamin C - 45%	
Calcium - 49%	Iron - 8%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 14%	Niacin - 1%	
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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.033 alp
Vitamin K	0.775 mcg
Vitamin A	879.298 IU
Vitamin A	175.859 RE

Water Soluble Vitamins	
Thiamin B1	0.026 mg
Riboflavin B2	0.232 mg
Niacin B3	n/a
Niacin B3	0.168 mg
Pyridoxine B6	0.072 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.018 mg
Vitamin C	27.105 mg
Folic Acid	1.472 mcg

Minerals	
Phosphorus	10.744 mg
Zinc	0.067 mg
Magnesium	4.405 mg
Copper	0.011 mg
Selenium	n/a
Iron	1.423 mg
Calcium	486.809 mg
Manganese	0.055 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

