

# RECIPE ANALYSIS

Recipe Name : JAY5  
Serving Size : 1 EACH

Recipe Desc : Chicken Shortcake  
Prep Time :

Author :  
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 552.92</b>	<b>Calories from Fat 258.26</b>	
% Daily Value		
<b>Total Fat</b>	<b>28.70 g</b>	<b>44%</b>
Saturated	12.57 g	63%
PolyUnSat	2.73 g	n/a
MonoUnSat	3.81 g	n/a
<b>Cholesterol</b>	<b>132.75 mg</b>	<b>44%</b>
<b>Sodium</b>	<b>1355.10 mg</b>	<b>56%</b>
<b>Potassium</b>	<b>465.40 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>36.44 g</b>	<b>12%</b>
Dietary Fiber	0.72 g	3%
Sugars	4.56 g	n/a
<b>Protein</b>	<b>39.42 g</b>	
Vitamin A - 17%	Vitamin C - 15%	
Calcium - 13%	Iron - 10%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 11%	Niacin - 39%	
Vitamin B6 - 36%	Folic Acid - 4%	
Vitamin B12 - 10%	Pantothenic Acid - 10%	
Phosphorous - 28%	Magnesium - 10%	
Zinc - 16%	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	0.441 mcg
Vitamin D	17.418 IU
Vitamin E	0.000 mg
Vitamin E	0.311 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	845.776 IU
Vitamin A	163.221 RE

Water Soluble Vitamins	
Thiamin B1	0.091 mg
Riboflavin B2	0.180 mg
Niacin B3	n/a
Niacin B3	7.728 mg
Pyridoxine B6	0.721 mg
Cobalamin B12	0.609 mcg
Pantothenic Acid	0.959 mg
Vitamin C	8.871 mg
Folic Acid	14.649 mcg

Minerals	
Phosphorus	279.557 mg
Zinc	2.351 mg
Magnesium	38.029 mg
Copper	0.014 mg
Selenium	32.517 mg
Iron	1.867 mg
Calcium	133.082 mg
Manganese	0.070 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

