

RECIPE ANALYSIS

Recipe Name : C-34
Serving Size : 1 cup

Recipe Desc : Chicken Stir Fry over Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 362.87	Calories from Fat 71.05	
% Daily Value		
Total Fat	7.89 g	12%
Saturated	2.20 g	11%
PolyUnSat	1.38 g	n/a
MonoUnSat	4.01 g	n/a
Cholesterol	102.94 mg	34%
Sodium	326.28 mg	14%
Potassium	180.31 mg	5%
Total Carbs	47.34 g	16%
Dietary Fiber	2.66 g	11%
Sugars	3.82 g	n/a
Protein	25.77 g	
Vitamin A - 29%	Vitamin C - 96%	
Calcium - 6%	Iron - 16%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 3%	Niacin - 2%	
Vitamin B6 - 6%	Folic Acid - 25%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 3%	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	n/a
Vitamin E	0.067 alp
Vitamin K	47.902 mcg
Vitamin A	1468.550 IU
Vitamin A	288.552 RE

Water Soluble Vitamins	
Thiamin B1	0.273 mg
Riboflavin B2	0.045 mg
Niacin B3	n/a
Niacin B3	0.340 mg
Pyridoxine B6	0.118 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.165 mg
Vitamin C	57.790 mg
Folic Acid	99.755 mcg

Minerals	
Phosphorus	30.862 mg
Zinc	0.125 mg
Magnesium	13.713 mg
Copper	0.039 mg
Selenium	0.000 mg
Iron	2.841 mg
Calcium	63.604 mg
Manganese	0.139 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



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.