

# RECIPE ANALYSIS

Recipe Name : C-63  
Serving Size : 1 turnover

Recipe Desc : Chicken Supreme Turnover w/Gvy Author :  
Prep Time : Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 turnover		
Amount Per Serving		
<b>Calories 598.45</b>	<b>Calories from Fat 345.56</b>	
% Daily Value		
<b>Total Fat</b>	<b>38.40 g</b>	<b>59%</b>
Saturated	11.23 g	56%
PolyUnSat	0.19 g	n/a
MonoUnSat	0.15 g	n/a
<b>Cholesterol</b>	<b>26.80 mg</b>	<b>9%</b>
<b>Sodium</b>	<b>724.20 mg</b>	<b>30%</b>
<b>Potassium</b>	<b>234.44 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>46.56 g</b>	<b>16%</b>
Dietary Fiber	0.28 g	1%
Sugars	1.57 g	n/a
<b>Protein</b>	<b>15.86 g</b>	
Vitamin A - 2%	Vitamin C - 2%	
Calcium - 4%	Iron - 3%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 8%	Niacin - 30%	
Vitamin B6 - 12%	Folic Acid - 2%	
Vitamin B12 - 3%	Pantothenic Acid - 4%	
Phosphorous - 14%	Magnesium - 0%	
Zinc - 3%	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	0.203 mcg
Vitamin D	20.015 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	0.004 mcg
Vitamin A	82.223 IU
Vitamin A	15.232 RE

Water Soluble Vitamins	
Thiamin B1	0.064 mg
Riboflavin B2	0.138 mg
Niacin B3	n/a
Niacin B3	6.077 mg
Pyridoxine B6	0.249 mg
Cobalamin B12	0.172 mcg
Pantothenic Acid	0.433 mg
Vitamin C	0.970 mg
Folic Acid	7.212 mcg

Minerals	
Phosphorus	140.939 mg
Zinc	0.404 mg
Magnesium	1.194 mg
Copper	0.017 mg
Selenium	0.312 mg
Iron	0.565 mg
Calcium	43.924 mg
Manganese	0.030 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

