

RECIPE ANALYSIS

Recipe Name : C-59
Serving Size : 1 salad

Recipe Desc : Chicken Taco Salad in shell
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 salad		
Amount Per Serving		
Calories 819.94	Calories from Fat 436.74	
% Daily Value		
Total Fat	48.53 g	75%
Saturated	14.06 g	70%
PolyUnSat	2.74 g	n/a
MonoUnSat	16.51 g	n/a
Cholesterol	84.42 mg	28%
Sodium	2293.36 mg	96%
Potassium	905.15 mg	26%
Total Carbs	60.49 g	20%
Dietary Fiber	9.50 g	38%
Sugars	5.95 g	n/a
Protein	40.18 g	
Vitamin A - 43%	Vitamin C - 29%	
Calcium - 37%	Iron - 45%	
Vitamin E - n/a	Thiamin - 13%	
Riboflavin - 16%	Niacin - 11%	
Vitamin B6 - 20%	Folic Acid - 14%	
Vitamin B12 - 0%	Pantothenic Acid - 10%	
Phosphorous - 25%	Magnesium - 13%	
Zinc - 5%	Copper - 20%	
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	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.411 alp
Vitamin K	37.407 mcg
Vitamin A	2160.037 IU
Vitamin A	376.311 RE

Water Soluble Vitamins	
Thiamin B1	0.202 mg
Riboflavin B2	0.273 mg
Niacin B3	0.171 NE
Niacin B3	2.161 mg
Pyridoxine B6	0.395 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	1.030 mg
Vitamin C	17.357 mg
Folic Acid	56.156 mcg

Minerals	
Phosphorus	249.271 mg
Zinc	0.720 mg
Magnesium	52.462 mg
Copper	0.397 mg
Selenium	0.214 mg
Iron	8.120 mg
Calcium	373.884 mg
Manganese	0.473 mg
Iodine	0.000 mcg

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

