

RECIPE ANALYSIS

Recipe Name : C-62
Serving Size : 2 tacos

Recipe Desc : Chicken Tacos
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 tacos		
Amount Per Serving		
Calories 336.53	Calories from Fat 149.03	
% Daily Value		
Total Fat	16.56 g	25%
Saturated	6.21 g	31%
PolyUnSat	0.75 g	n/a
MonoUnSat	3.98 g	n/a
Cholesterol	63.94 mg	21%
Sodium	890.39 mg	37%
Potassium	154.86 mg	4%
Total Carbs	24.12 g	8%
Dietary Fiber	3.43 g	14%
Sugars	5.18 g	n/a
Protein	23.33 g	
Vitamin A - 20%	Vitamin C - 15%	
Calcium - 24%	Iron - 10%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 9%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 15%	Magnesium - 1%	
Zinc - 1%	Copper - 0%	
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	0.049 alp
Vitamin K	6.713 mcg
Vitamin A	1020.673 IU
Vitamin A	204.138 RE

Water Soluble Vitamins	
Thiamin B1	0.039 mg
Riboflavin B2	0.145 mg
Niacin B3	0.030 NE
Niacin B3	0.198 mg
Pyridoxine B6	0.066 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.023 mg
Vitamin C	9.013 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	148.539 mg
Zinc	0.101 mg
Magnesium	5.519 mg
Copper	0.004 mg
Selenium	0.038 mg
Iron	1.847 mg
Calcium	241.652 mg
Manganese	0.082 mg
Iodine	25.257 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

