

RECIPE ANALYSIS

Recipe Name : C-03
Serving Size : 7 oz.

Recipe Desc : Chicken A La King
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 7 oz.		
Amount Per Serving		
Calories 196.04	Calories from Fat 95.23	
% Daily Value		
Total Fat	10.58 g	16%
Saturated	2.73 g	14%
PolyUnSat	2.65 g	n/a
MonoUnSat	0.15 g	n/a
Cholesterol	27.65 mg	9%
Sodium	338.06 mg	14%
Potassium	54.68 mg	2%
Total Carbs	12.05 g	4%
Dietary Fiber	0.54 g	2%
Sugars	2.67 g	n/a
Protein	12.82 g	
Vitamin A - 11%	Vitamin C - 11%	
Calcium - 6%	Iron - 4%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 5%	Niacin - 5%	
Vitamin B6 - 2%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	Copper - 3%	
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	0.185 mcg
Vitamin D	24.080 IU
Vitamin E	n/a
Vitamin E	0.001 IU
Vitamin E	0.026 alp
Vitamin K	0.533 mcg
Vitamin A	531.435 IU
Vitamin A	106.287 RE

Water Soluble Vitamins	
Thiamin B1	0.081 mg
Riboflavin B2	0.085 mg
Niacin B3	n/a
Niacin B3	0.972 mg
Pyridoxine B6	0.031 mg
Cobalamin B12	0.004 mcg
Pantothenic Acid	0.201 mg
Vitamin C	6.333 mg
Folic Acid	17.010 mcg

Minerals	
Phosphorus	21.200 mg
Zinc	0.133 mg
Magnesium	3.930 mg
Copper	0.051 mg
Selenium	0.868 mg
Iron	0.778 mg
Calcium	55.300 mg
Manganese	0.085 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

