

# RECIPE ANALYSIS

Recipe Name : C-15  
Serving Size : 1c mix+1/2c ric

Recipe Desc : Chicken/Turkey Chow Mein  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1c mix+1/2c ric		
Amount Per Serving		
<b>Calories 140.84</b>	<b>Calories from Fat 47.49</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.28 g</b>	<b>8%</b>
Saturated	1.30 g	7%
PolyUnSat	1.30 g	n/a
MonoUnSat	0.80 g	n/a
<b>Cholesterol</b>	<b>24.41 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>941.65 mg</b>	<b>39%</b>
<b>Potassium</b>	<b>217.35 mg</b>	<b>6%</b>
<b>Total Carbs</b>	<b>10.70 g</b>	<b>4%</b>
Dietary Fiber	1.45 g	6%
Sugars	2.48 g	n/a
<b>Protein</b>	<b>12.22 g</b>	
Vitamin A - 6%	Vitamin C - 20%	
Calcium - 3%	Iron - 4%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 8%	Niacin - 6%	
Vitamin B6 - 5%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 4%	Magnesium - 2%	
Zinc - 2%	Copper - 5%	
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	0.533 mcg
Vitamin D	22.789 IU
Vitamin E	0.000 mg
Vitamin E	0.003 IU
Vitamin E	0.000 alp
Vitamin K	19.023 mcg
Vitamin A	282.462 IU
Vitamin A	56.492 RE

Water Soluble Vitamins	
Thiamin B1	0.052 mg
Riboflavin B2	0.143 mg
Niacin B3	n/a
Niacin B3	1.224 mg
Pyridoxine B6	0.091 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.427 mg
Vitamin C	12.001 mg
Folic Acid	16.151 mcg

Minerals	
Phosphorus	38.164 mg
Zinc	0.237 mg
Magnesium	9.632 mg
Copper	0.103 mg
Selenium	2.775 mg
Iron	0.726 mg
Calcium	25.607 mg
Manganese	0.089 mg
Iodine	11.760 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**

