

RECIPE ANALYSIS

Recipe Name : C-21
Serving Size : 1 pot pie

Recipe Desc : Chicken ot Turkey Pot Pie
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 pot pie		
Amount Per Serving		
Calories 25598.88	Calories from Fat 11328.00	
% Daily Value		
Total Fat	1258.67 g	1936%
Saturated	335.28 g	1676%
PolyUnSat	138.90 g	n/a
MonoUnSat	72.36 g	n/a
Cholesterol	1845.14 mg	615%
Sodium	52325.0 mg	2180%
Potassium	827.86 mg	24%
Total Carbs	2654.73 g	885%
Dietary Fiber	94.06 g	376%
Sugars	327.05 g	n/a
Protein	897.09 g	
Vitamin A - 709%	Vitamin C - 126%	
Calcium - 331%	Iron - 549%	
Vitamin E - n/a	Thiamin - 1169%	
Riboflavin - 784%	Niacin - 687%	
Vitamin B6 - 163%	Folic Acid - 826%	
Vitamin B12 - 0%	Pantothenic Acid - 20%	
Phosphorous - 55%	Magnesium - 31%	
Zinc - 157%	Copper - 32%	
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	0.000 alp
Vitamin K	0.851 mcg
Vitamin A	35425.242 IU
Vitamin A	7074.252 RE

Water Soluble Vitamins	
Thiamin B1	17.539 mg
Riboflavin B2	13.331 mg
Niacin B3	n/a
Niacin B3	137.394 mg
Pyridoxine B6	3.254 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	1.966 mg
Vitamin C	75.367 mg
Folic Acid	3304.363 mcg

Minerals	
Phosphorus	552.364 mg
Zinc	23.522 mg
Magnesium	123.552 mg
Copper	0.646 mg
Selenium	0.000 mg
Iron	98.859 mg
Calcium	3306.467 mg
Manganese	3.444 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

