

RECIPE ANALYSIS

Recipe Name : ?5
Serving Size : 1 EACH

Recipe Desc : Citrus Soy Chicken
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 188.26	Calories from Fat 23.15	
% Daily Value		
Total Fat	2.57 g	4%
Saturated	0.55 g	3%
PolyUnSat	0.33 g	n/a
MonoUnSat	0.35 g	n/a
Cholesterol	65.54 mg	22%
Sodium	530.30 mg	22%
Potassium	346.17 mg	10%
Total Carbs	12.40 g	4%
Dietary Fiber	0.58 g	2%
Sugars	8.62 g	n/a
Protein	27.42 g	
Vitamin A - 5%	Vitamin C - 41%	
Calcium - 2%	Iron - 6%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 6%	Niacin - 64%	
Vitamin B6 - 33%	Folic Acid - 0%	
Vitamin B12 - 7%	Pantothenic Acid - 0%	
Phosphorous - 23%	Magnesium - 8%	
Zinc - 6%	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	0.035 alp
Vitamin K	0.726 mcg
Vitamin A	239.859 IU
Vitamin A	47.975 RE

Water Soluble Vitamins	
Thiamin B1	0.090 mg
Riboflavin B2	0.105 mg
Niacin B3	n/a
Niacin B3	12.702 mg
Pyridoxine B6	0.655 mg
Cobalamin B12	0.430 mcg
Pantothenic Acid	0.009 mg
Vitamin C	24.607 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	225.889 mg
Zinc	0.928 mg
Magnesium	33.517 mg
Copper	0.006 mg
Selenium	0.000 mg
Iron	1.056 mg
Calcium	22.435 mg
Manganese	0.024 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

