

RECIPE ANALYSIS

Recipe Name : C-06
Serving Size : 1 breast

Recipe Desc : Country Style Chicken Kiev
Prep Time :

Author :
Cook Time :

Yield : 48

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 1 breast | | |
| Amount Per Serving | | |
| Calories 417.91 | Calories from Fat 260.89 | |
| % Daily Value | | |
| Total Fat | 28.99 g | 45% |
| Saturated | 6.66 g | 33% |
| PolyUnSat | 0.75 g | n/a |
| MonoUnSat | 2.18 g | n/a |
| Cholesterol | 74.05 mg | 25% |
| Sodium | 435.99 mg | 18% |
| Potassium | 140.89 mg | 4% |
| Total Carbs | 10.71 g | 4% |
| Dietary Fiber | 1.01 g | 4% |
| Sugars | 2.20 g | n/a |
| Protein | 29.18 g | |
| Vitamin A - 12% | Vitamin C - 21% | |
| Calcium - 10% | Iron - 20% | |
| Vitamin E - n/a | Thiamin - 0% | |
| Riboflavin - 3% | Niacin - 1% | |
| Vitamin B6 - 1% | Folic Acid - 2% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 1% | Magnesium - 2% | |
| Zinc - 1% | Copper - 1% | |
| 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 | n/a |
| Vitamin E | n/a |
| Vitamin E | 0.000 alp |
| Vitamin K | n/a |
| Vitamin A | 614.776 IU |
| Vitamin A | 64.228 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | 0.006 mg |
| Riboflavin B2 | 0.046 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.236 mg |
| Pyridoxine B6 | 0.023 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.008 mg |
| Vitamin C | 12.399 mg |
| Folic Acid | 6.048 mcg |

| Minerals | |
|------------|------------|
| Phosphorus | 11.802 mg |
| Zinc | 0.150 mg |
| Magnesium | 8.258 mg |
| Copper | 0.026 mg |
| Selenium | 0.000 mg |
| Iron | 3.667 mg |
| Calcium | 104.367 mg |
| Manganese | 0.270 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

