

RECIPE ANALYSIS

Recipe Name : C-02
Serving Size : 1 cup

Recipe Desc : Golden Turkey Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 223.93	Calories from Fat 33.43	
% Daily Value		
Total Fat	3.71 g	6%
Saturated	0.94 g	5%
PolyUnSat	0.44 g	n/a
MonoUnSat	0.27 g	n/a
Cholesterol	47.21 mg	16%
Sodium	692.44 mg	29%
Potassium	167.33 mg	5%
Total Carbs	27.31 g	9%
Dietary Fiber	3.06 g	12%
Sugars	4.18 g	n/a
Protein	19.78 g	
Vitamin A - 17%	Vitamin C - 9%	
Calcium - 3%	Iron - 11%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 9%	Niacin - 13%	
Vitamin B6 - 16%	Folic Acid - 7%	
Vitamin B12 - 3%	Pantothenic Acid - 6%	
Phosphorous - 10%	Magnesium - 3%	
Zinc - 13%	Copper - 7%	
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	0.453 mcg
Vitamin D	18.118 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.000 alp
Vitamin K	0.068 mcg
Vitamin A	872.766 IU
Vitamin A	174.554 RE

Water Soluble Vitamins	
Thiamin B1	0.098 mg
Riboflavin B2	0.145 mg
Niacin B3	n/a
Niacin B3	2.587 mg
Pyridoxine B6	0.316 mg
Cobalamin B12	0.201 mcg
Pantothenic Acid	0.603 mg
Vitamin C	5.112 mg
Folic Acid	28.372 mcg

Minerals	
Phosphorus	99.728 mg
Zinc	1.916 mg
Magnesium	13.221 mg
Copper	0.131 mg
Selenium	16.612 mg
Iron	2.058 mg
Calcium	31.665 mg
Manganese	0.038 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

