

# RECIPE ANALYSIS

Recipe Name : C-66  
Serving Size : 1 breast

Recipe Desc : Tim's Greek Chicken  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
<b>Calories 282.54</b>	<b>Calories from Fat 117.13</b>	
	% Daily Value	
<b>Total Fat</b>	<b>13.01 g</b>	<b>20%</b>
Saturated	4.10 g	20%
PolyUnSat	1.73 g	n/a
MonoUnSat	6.47 g	n/a
<b>Cholesterol</b>	<b>108.07 mg</b>	<b>36%</b>
<b>Sodium</b>	<b>218.42 mg</b>	<b>9%</b>
<b>Potassium</b>	<b>8.43 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>0.92 g</b>	<b>0%</b>
Dietary Fiber	0.24 g	1%
Sugars	0.66 g	n/a
<b>Protein</b>	<b>40.37 g</b>	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 5%	Iron - 6%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 4%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 0%	
Zinc - 2%	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	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	101.490 IU
Vitamin A	20.288 RE

Water Soluble Vitamins	
Thiamin B1	0.012 mg
Riboflavin B2	0.073 mg
Niacin B3	n/a
Niacin B3	0.091 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.223 mg
Folic Acid	0.044 mcg

Minerals	
Phosphorus	28.792 mg
Zinc	0.249 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.995 mg
Calcium	48.735 mg
Manganese	0.000 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**

