

# RECIPE ANALYSIS

Recipe Name : C-41  
Serving Size : 1 cutlet

Recipe Desc : Grilled Turkey Cutlet  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cutlet		
Amount Per Serving		
<b>Calories 92.97</b>	<b>Calories from Fat 8.70</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.97 g</b>	<b>1%</b>
Saturated	0.18 g	1%
PolyUnSat	0.18 g	n/a
MonoUnSat	0.32 g	n/a
<b>Cholesterol</b>	<b>38.26 mg</b>	<b>13%</b>
<b>Sodium</b>	<b>497.50 mg</b>	<b>21%</b>
<b>Potassium</b>	<b>63.38 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>3.74 g</b>	<b>1%</b>
Dietary Fiber	0.26 g	1%
Sugars	0.05 g	n/a
<b>Protein</b>	<b>15.18 g</b>	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 1%	Iron - 4%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - n/a	Niacin - 0%	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - n/a	
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	n/a
Vitamin K	n/a
Vitamin A	24.111 IU
Vitamin A	4.824 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	n/a
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	0.053 mg
Folic Acid	n/a

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.213 mg
Copper	n/a
Selenium	n/a
Iron	0.778 mg
Calcium	8.311 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

