

# RECIPE ANALYSIS

Recipe Name : C-36  
Serving Size : 1 breast

Recipe Desc : Hawaiian Chicken Breast  
Prep Time :

Author :  
Cook Time :

Yield : 40

<b>Nutrition Information</b>		
Serving Size: 1 breast		
Amount Per Serving		
<b>Calories 228.09</b>	<b>Calories from Fat 45.05</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.01 g</b>	<b>8%</b>
Saturated	1.41 g	7%
PolyUnSat	0.75 g	n/a
MonoUnSat	2.18 g	n/a
<b>Cholesterol</b>	<b>67.81 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>172.82 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>70.90 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>17.99 g</b>	<b>6%</b>
Dietary Fiber	1.23 g	5%
Sugars	15.16 g	n/a
<b>Protein</b>	<b>26.49 g</b>	
Vitamin A - 2%	Vitamin C - 17%	
Calcium - 3%	Iron - 5%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - n/a	Folic Acid - 4%	
Vitamin B12 - n/a	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
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	87.318 IU
Vitamin A	8.845 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.014 mg
Riboflavin B2	0.018 mg
Niacin B3	n/a
Niacin B3	0.118 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	0.018 mg
Vitamin C	10.265 mg
Folic Acid	14.515 mcg

<b>Minerals</b>	
Phosphorus	8.398 mg
Zinc	0.087 mg
Magnesium	4.536 mg
Copper	0.018 mg
Selenium	0.000 mg
Iron	0.897 mg
Calcium	25.159 mg
Manganese	0.036 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

