

# RECIPE ANALYSIS

Recipe Name : C-05  
Serving Size : 1 piece

Recipe Desc : Herb Baked Chicken  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 piece		
Amount Per Serving		
<b>Calories 273.97</b>	<b>Calories from Fat 85.08</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.45 g</b>	<b>15%</b>
Saturated	2.10 g	11%
PolyUnSat	3.08 g	n/a
MonoUnSat	3.42 g	n/a
<b>Cholesterol</b>	<b>83.72 mg</b>	<b>28%</b>
<b>Sodium</b>	<b>570.21 mg</b>	<b>24%</b>
<b>Potassium</b>	<b>4.85 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>12.73 g</b>	<b>4%</b>
Dietary Fiber	0.71 g	3%
Sugars	0.70 g	n/a
<b>Protein</b>	<b>34.33 g</b>	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 3%	Iron - 9%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	81.094 IU
Vitamin A	16.218 RE

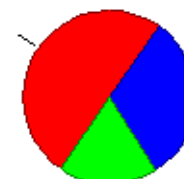
Water Soluble Vitamins	
Thiamin B1	0.029 mg
Riboflavin B2	0.018 mg
Niacin B3	n/a
Niacin B3	0.240 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.020 mg
Vitamin C	0.076 mg
Folic Acid	7.258 mcg

Minerals	
Phosphorus	4.899 mg
Zinc	0.032 mg
Magnesium	0.998 mg
Copper	0.006 mg
Selenium	0.000 mg
Iron	1.583 mg
Calcium	31.253 mg
Manganese	0.031 mg
Iodine	37.886 mcg

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**



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.