

RECIPE ANALYSIS

Recipe Name : C-04
Serving Size : 5oz., 2oz. sc

Recipe Desc : Hunan Chicken
Prep Time :

Author :
Cook Time :

Yield : 36

Nutrition Information		
Serving Size: 5oz., 2oz. sc		
Amount Per Serving		
Calories 237.31	Calories from Fat 65.23	
% Daily Value		
Total Fat	7.25 g	11%
Saturated	1.40 g	7%
PolyUnSat	2.17 g	n/a
MonoUnSat	3.52 g	n/a
Cholesterol	36.17 mg	12%
Sodium	3172.39 mg	132%
Potassium	479.85 mg	14%
Total Carbs	22.04 g	7%
Dietary Fiber	3.77 g	15%
Sugars	14.88 g	n/a
Protein	21.03 g	
Vitamin A - 46%	Vitamin C - 97%	
Calcium - 7%	Iron - 14%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 5%	Niacin - 2%	
Vitamin B6 - 6%	Folic Acid - 13%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 5%	Magnesium - 5%	
Zinc - 1%	Copper - 2%	
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	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	116.306 mcg
Vitamin A	2286.730 IU
Vitamin A	450.164 RE

Water Soluble Vitamins	
Thiamin B1	0.060 mg
Riboflavin B2	0.088 mg
Niacin B3	n/a
Niacin B3	0.477 mg
Pyridoxine B6	0.119 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.321 mg
Vitamin C	58.393 mg
Folic Acid	52.353 mcg

Minerals	
Phosphorus	49.519 mg
Zinc	0.103 mg
Magnesium	19.885 mg
Copper	0.038 mg
Selenium	0.000 mg
Iron	2.526 mg
Calcium	67.447 mg
Manganese	0.185 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

