

# RECIPE ANALYSIS

Recipe Name : C-47  
Serving Size : 1 breast

Recipe Desc : Mango Chicken  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
<b>Calories 149.00</b>	<b>Calories from Fat 38.70</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.30 g</b>	<b>7%</b>
Saturated	0.35 g	2%
PolyUnSat	0.37 g	n/a
MonoUnSat	0.33 g	n/a
<b>Cholesterol</b>	<b>52.84 mg</b>	<b>18%</b>
<b>Sodium</b>	<b>433.77 mg</b>	<b>18%</b>
<b>Potassium</b>	<b>274.42 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>5.26 g</b>	<b>2%</b>
Dietary Fiber	0.54 g	2%
Sugars	0.69 g	n/a
<b>Protein</b>	<b>21.23 g</b>	
Vitamin A - 16%	Vitamin C - 12%	
Calcium - 2%	Iron - 4%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 5%	Niacin - 52%	
Vitamin B6 - 27%	Folic Acid - 1%	
Vitamin B12 - 6%	Pantothenic Acid - 8%	
Phosphorous - 28%	Magnesium - 1%	
Zinc - 5%	Copper - 1%	
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	0.280 mcg
Vitamin D	11.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.223 alp
Vitamin K	0.018 mcg
Vitamin A	797.980 IU
Vitamin A	82.240 RE

Water Soluble Vitamins	
Thiamin B1	0.074 mg
Riboflavin B2	0.093 mg
Niacin B3	n/a
Niacin B3	10.320 mg
Pyridoxine B6	0.534 mg
Cobalamin B12	0.350 mcg
Pantothenic Acid	0.782 mg
Vitamin C	6.917 mg
Folic Acid	3.649 mcg

Minerals	
Phosphorus	281.574 mg
Zinc	0.756 mg
Magnesium	2.300 mg
Copper	0.022 mg
Selenium	0.000 mg
Iron	0.746 mg
Calcium	15.070 mg
Manganese	0.012 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**

