

RECIPE ANALYSIS

Recipe Name : HOOVER4
Serving Size : 1 EACH

Recipe Desc : Marinated Turkey Cutlet
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 283.15	Calories from Fat 88.89	
% Daily Value		
Total Fat	9.88 g	15%
Saturated	1.57 g	8%
PolyUnSat	0.58 g	n/a
MonoUnSat	2.04 g	n/a
Cholesterol	53.41 mg	18%
Sodium	859.50 mg	36%
Potassium	152.46 mg	4%
Total Carbs	29.19 g	10%
Dietary Fiber	0.90 g	4%
Sugars	21.30 g	n/a
Protein	20.88 g	
Vitamin A - 47%	Vitamin C - 3%	
Calcium - 3%	Iron - 10%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 3%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
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		

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	2337.661 IU
Vitamin A	240.716 RE

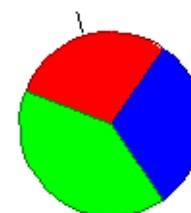
Water Soluble Vitamins	
Thiamin B1	0.021 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.068 mg
Pyridoxine B6	0.054 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.054 mg
Vitamin C	2.072 mg
Folic Acid	6.205 mcg

Minerals	
Phosphorus	10.928 mg
Zinc	0.108 mg
Magnesium	4.094 mg
Copper	0.018 mg
Selenium	0.000 mg
Iron	1.821 mg
Calcium	33.372 mg
Manganese	0.054 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



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.