

RECIPE ANALYSIS

Recipe Name : C-11
Serving Size : 1 breast

Recipe Desc : Mushroom Pepper Chicken
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
Calories 194.75	Calories from Fat 48.20	
% Daily Value		
Total Fat	5.36 g	8%
Saturated	1.39 g	7%
PolyUnSat	0.85 g	n/a
MonoUnSat	2.58 g	n/a
Cholesterol	67.81 mg	23%
Sodium	300.18 mg	13%
Potassium	111.25 mg	3%
Total Carbs	6.89 g	2%
Dietary Fiber	1.11 g	4%
Sugars	1.38 g	n/a
Protein	27.00 g	
Vitamin A - 12%	Vitamin C - 35%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 7%	Niacin - 6%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	Copper - 5%	
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	0.533 mcg
Vitamin D	21.351 IU
Vitamin E	n/a
Vitamin E	0.003 IU
Vitamin E	n/a
Vitamin K	0.029 mcg
Vitamin A	603.106 IU
Vitamin A	120.590 RE

Water Soluble Vitamins	
Thiamin B1	0.026 mg
Riboflavin B2	0.117 mg
Niacin B3	n/a
Niacin B3	1.131 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.427 mg
Vitamin C	20.799 mg
Folic Acid	0.352 mcg

Minerals	
Phosphorus	23.880 mg
Zinc	0.175 mg
Magnesium	2.528 mg
Copper	0.091 mg
Selenium	2.499 mg
Iron	1.123 mg
Calcium	26.241 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



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.