

RECIPE ANALYSIS

Recipe Name : C-52
Serving Size : 1 piece

Recipe Desc : Oven Fried Chicken
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 piece		
Amount Per Serving		
Calories 927.03	Calories from Fat 403.80	
	% Daily Value	
Total Fat	44.87 g	69%
Saturated	12.88 g	64%
PolyUnSat	0.32 g	n/a
MonoUnSat	0.07 g	n/a
Cholesterol	354.53 mg	118%
Sodium	1268.05 mg	53%
Potassium	133.38 mg	4%
Total Carbs	83.89 g	28%
Dietary Fiber	3.82 g	15%
Sugars	5.18 g	n/a
Protein	45.40 g	
Vitamin A - 18%	Vitamin C - 1%	
Calcium - 13%	Iron - 40%	
Vitamin E - n/a	Thiamin - 33%	
Riboflavin - 18%	Niacin - 20%	
Vitamin B6 - 2%	Folic Acid - 31%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 8%	Magnesium - 4%	
Zinc - 4%	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	n/a
Vitamin D	16.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	875.744 IU
Vitamin A	175.106 RE

Water Soluble Vitamins	
Thiamin B1	0.493 mg
Riboflavin B2	0.307 mg
Niacin B3	n/a
Niacin B3	4.064 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.333 mg
Vitamin C	0.657 mg
Folic Acid	122.880 mcg

Minerals	
Phosphorus	82.944 mg
Zinc	0.538 mg
Magnesium	16.896 mg
Copper	0.109 mg
Selenium	0.000 mg
Iron	7.113 mg
Calcium	131.157 mg
Manganese	0.525 mg
Iodine	94.080 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

