

RECIPE ANALYSIS

Recipe Name : C-67
Serving Size : 5oz chix,1oz sc

Recipe Desc : Oriental Lemon Chicken
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 5oz chix,1oz sc		
Amount Per Serving		
Calories 345.42	Calories from Fat 137.44	
% Daily Value		
Total Fat	15.27 g	23%
Saturated	5.33 g	27%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	57.77 mg	19%
Sodium	971.30 mg	40%
Potassium	23.22 mg	1%
Total Carbs	27.68 g	9%
Dietary Fiber	0.75 g	3%
Sugars	1.12 g	n/a
Protein	24.51 g	
Vitamin A - 0%	Vitamin C - 6%	
Calcium - 2%	Iron - 0%	
Vitamin E - n/a	Thiamin - n/a	
Riboflavin - n/a	Niacin - n/a	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	6.532 IU
Vitamin A	1.306 RE

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	3.723 mg
Folic Acid	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	0.000 mg
Calcium	16.227 mg
Manganese	n/a
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.