

RECIPE ANALYSIS

Recipe Name : C-27
Serving Size : 3oz turk,2oz sc

Recipe Desc : Roast Turkey w/Cranberry Sauce Author :
Prep Time : Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3oz turk,2oz sc		
Amount Per Serving		
Calories 178.66	Calories from Fat 23.26	
	% Daily Value	
Total Fat	2.58 g	4%
Saturated	0.43 g	2%
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	46.80 mg	16%
Sodium	470.11 mg	20%
Potassium	0.13 mg	0%
Total Carbs	22.12 g	7%
Dietary Fiber	0.81 g	3%
Sugars	14.38 g	n/a
Protein	17.56 g	
Vitamin A - n/a	Vitamin C - n/a	
Calcium - 1%	Iron - 6%	
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 - 0%	Magnesium - 0%	
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	n/a
Vitamin A	n/a 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	n/a
Folic Acid	n/a

Minerals	
Phosphorus	0.085 mg
Zinc	n/a
Magnesium	0.171 mg
Copper	n/a
Selenium	n/a
Iron	1.087 mg
Calcium	10.417 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

