

RECIPE ANALYSIS

Recipe Name : C-69
Serving Size : 1 chix quarter

Recipe Desc : Rotisserie-Style Chicken
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 chix quarter		
Amount Per Serving		
Calories 438.61	Calories from Fat 336.65	
% Daily Value		
Total Fat	37.41 g	58%
Saturated	11.10 g	56%
PolyUnSat	0.10 g	n/a
MonoUnSat	0.10 g	n/a
Cholesterol	170.00 mg	57%
Sodium	111.11 mg	5%
Potassium	0.00 mg	0%
Total Carbs	1.72 g	1%
Dietary Fiber	1.01 g	4%
Sugars	0.00 g	n/a
Protein	25.30 g	
Vitamin A - 2%	Vitamin C - 2%	
Calcium - 4%	Iron - 11%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	120.791 IU
Vitamin A	24.199 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.911 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.991 mg
Calcium	40.500 mg
Manganese	0.000 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

