

RECIPE ANALYSIS

Recipe Name : C-08
Serving Size : 1 breast

Recipe Desc : Salsa Chicken
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
Calories 243.90	Calories from Fat 74.96	
% Daily Value		
Total Fat	8.33 g	13%
Saturated	3.97 g	20%
PolyUnSat	0.74 g	n/a
MonoUnSat	2.18 g	n/a
Cholesterol	81.16 mg	27%
Sodium	275.18 mg	11%
Potassium	36.75 mg	1%
Total Carbs	9.10 g	3%
Dietary Fiber	0.48 g	2%
Sugars	3.96 g	n/a
Protein	31.94 g	
Vitamin A - 41%	Vitamin C - 83%	
Calcium - 18%	Iron - 4%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 3%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

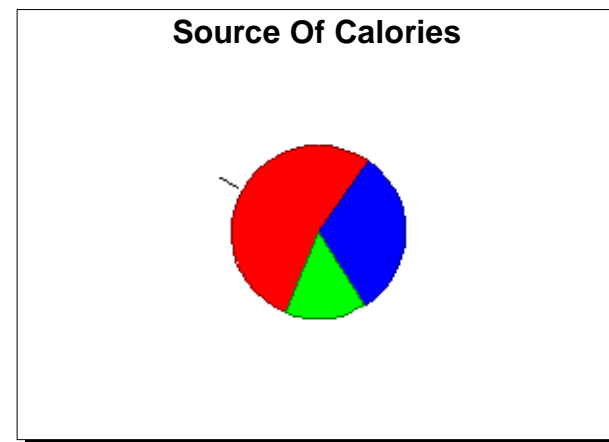
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.071 mcg
Vitamin A	2027.664 IU
Vitamin A	405.533 RE

Water Soluble Vitamins	
Thiamin B1	0.017 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.031 mg
Pyridoxine B6	0.060 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.016 mg
Vitamin C	50.025 mg
Folic Acid	0.071 mcg

Minerals	
Phosphorus	8.694 mg
Zinc	0.054 mg
Magnesium	2.481 mg
Copper	0.008 mg
Selenium	n/a
Iron	0.631 mg
Calcium	183.764 mg
Manganese	0.064 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



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.