

# RECIPE ANALYSIS

**Recipe Name : C-37**  
**Serving Size : 1/24th of pan**

**Recipe Desc : Scalloped Chicken**  
**Prep Time :**

**Author :**  
**Cook Time :**

**Yield : 48**

<b>Nutrition Information</b>		
Serving Size: 1/24th of pan		
Amount Per Serving		
<b>Calories 337.59</b>	<b>Calories from Fat 169.49</b>	
	% Daily Value	
<b>Total Fat</b>	<b>18.83 g</b>	<b>29%</b>
Saturated	3.74 g	19%
PolyUnSat	4.05 g	n/a
MonoUnSat	0.64 g	n/a
<b>Cholesterol</b>	<b>80.65 mg</b>	<b>27%</b>
<b>Sodium</b>	<b>1011.03 mg</b>	<b>42%</b>
<b>Potassium</b>	<b>163.56 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>22.98 g</b>	<b>8%</b>
Dietary Fiber	1.26 g	5%
Sugars	1.18 g	n/a
<b>Protein</b>	<b>16.43 g</b>	
Vitamin A - 14%	Vitamin C - 2%	
Calcium - 5%	Iron - 11%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 7%	Niacin - 27%	
Vitamin B6 - 14%	Folic Acid - 4%	
Vitamin B12 - 5%	Pantothenic Acid - 6%	
Phosphorous - 17%	Magnesium - 1%	
Zinc - 4%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.304 mcg
Vitamin D	12.443 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.402 mcg
Vitamin A	724.201 IU
Vitamin A	144.634 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.071 mg
Riboflavin B2	0.126 mg
Niacin B3	n/a
Niacin B3	5.443 mg
Pyridoxine B6	0.282 mg
Cobalamin B12	0.302 mcg
Pantothenic Acid	0.558 mg
Vitamin C	1.036 mg
Folic Acid	16.962 mcg

<b>Minerals</b>	
Phosphorus	169.430 mg
Zinc	0.559 mg
Magnesium	3.277 mg
Copper	0.011 mg
Selenium	3.869 mg
Iron	1.959 mg
Calcium	48.846 mg
Manganese	0.046 mg
Iodine	4.083 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

