

RECIPE ANALYSIS

Recipe Name : C-01
Serving Size : 1c + 3/4c rice

Recipe Desc : Sesame Chicken w/ Peanut Sauce Author :
Prep Time : Cook Time :

Yield : 30

Nutrition Information		
Serving Size: 1c + 3/4c rice		
Amount Per Serving		
Calories 559.74	Calories from Fat 40.33	
% Daily Value		
Total Fat	4.48 g	7%
Saturated	0.41 g	2%
PolyUnSat	0.56 g	n/a
MonoUnSat	0.33 g	n/a
Cholesterol	46.37 mg	15%
Sodium	1564.51 mg	65%
Potassium	989.93 mg	28%
Total Carbs	102.12 g	34%
Dietary Fiber	4.69 g	19%
Sugars	0.00 g	n/a
Protein	29.46 g	
Vitamin A - 385%	Vitamin C - 206%	
Calcium - 9%	Iron - 15%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 12%	Niacin - 53%	
Vitamin B6 - 43%	Folic Acid - 19%	
Vitamin B12 - 5%	Pantothenic Acid - 12%	
Phosphorous - 34%	Magnesium - 12%	
Zinc - 8%	Copper - 9%	
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	0.246 mcg
Vitamin D	9.653 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.507 alp
Vitamin K	n/a
Vitamin A	19251.391 IU
Vitamin A	3850.278 RE

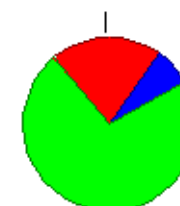
Water Soluble Vitamins	
Thiamin B1	0.266 mg
Riboflavin B2	0.204 mg
Niacin B3	n/a
Niacin B3	10.550 mg
Pyridoxine B6	0.865 mg
Cobalamin B12	0.307 mcg
Pantothenic Acid	1.245 mg
Vitamin C	123.312 mg
Folic Acid	74.047 mcg

Minerals	
Phosphorus	342.893 mg
Zinc	1.209 mg
Magnesium	47.413 mg
Copper	0.187 mg
Selenium	n/a
Iron	2.623 mg
Calcium	87.410 mg
Manganese	0.427 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

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.