

RECIPE ANALYSIS

Recipe Name : C-24
Serving Size : 1 piece

Recipe Desc : Southern Fried Chicken
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 piece		
Amount Per Serving		
Calories 764.47	Calories from Fat 378.04	
% Daily Value		
Total Fat	42.00 g	65%
Saturated	12.57 g	63%
PolyUnSat	0.79 g	n/a
MonoUnSat	1.29 g	n/a
Cholesterol	300.70 mg	100%
Sodium	837.85 mg	35%
Potassium	113.96 mg	3%
Total Carbs	58.90 g	20%
Dietary Fiber	3.61 g	14%
Sugars	3.57 g	n/a
Protein	38.87 g	
Vitamin A - 21%	Vitamin C - 3%	
Calcium - 11%	Iron - 32%	
Vitamin E - n/a	Thiamin - 32%	
Riboflavin - 26%	Niacin - 19%	
Vitamin B6 - 4%	Folic Acid - 33%	
Vitamin B12 - 5%	Pantothenic Acid - 7%	
Phosphorous - 13%	Magnesium - 5%	
Zinc - 6%	Copper - 5%	
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	0.390 mcg
Vitamin D	31.600 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1037.881 IU
Vitamin A	207.370 RE

Water Soluble Vitamins	
Thiamin B1	0.484 mg
Riboflavin B2	0.440 mg
Niacin B3	n/a
Niacin B3	3.864 mg
Pyridoxine B6	0.072 mg
Cobalamin B12	0.300 mcg
Pantothenic Acid	0.692 mg
Vitamin C	1.872 mg
Folic Acid	130.222 mcg

Minerals	
Phosphorus	131.782 mg
Zinc	0.838 mg
Magnesium	18.967 mg
Copper	0.109 mg
Selenium	9.240 mg
Iron	5.773 mg
Calcium	105.646 mg
Manganese	0.502 mg
Iodine	75.772 mcg

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

