

# RECIPE ANALYSIS

Recipe Name : C-75

Recipe Desc : Southwestern Lime Chicken

Author :

Yield : 60

Serving Size : 1brst+1/2oz chp

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1brst+1/2oz chp		
Amount Per Serving		
<b>Calories 572.16</b>	<b>Calories from Fat 352.88</b>	
% Daily Value		
<b>Total Fat</b>	<b>39.21 g</b>	<b>60%</b>
Saturated	9.36 g	47%
PolyUnSat	9.71 g	n/a
MonoUnSat	9.38 g	n/a
<b>Cholesterol</b>	<b>95.23 mg</b>	<b>32%</b>
<b>Sodium</b>	<b>892.03 mg</b>	<b>37%</b>
<b>Potassium</b>	<b>294.96 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>24.37 g</b>	<b>8%</b>
Dietary Fiber	2.14 g	9%
Sugars	3.94 g	n/a
<b>Protein</b>	<b>30.15 g</b>	
Vitamin A - 9%	Vitamin C - 3%	
Calcium - 14%	Iron - 9%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 7%	Niacin - 56%	
Vitamin B6 - 30%	Folic Acid - 1%	
Vitamin B12 - 6%	Pantothenic Acid - 0%	
Phosphorous - 25%	Magnesium - 7%	
Zinc - 6%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

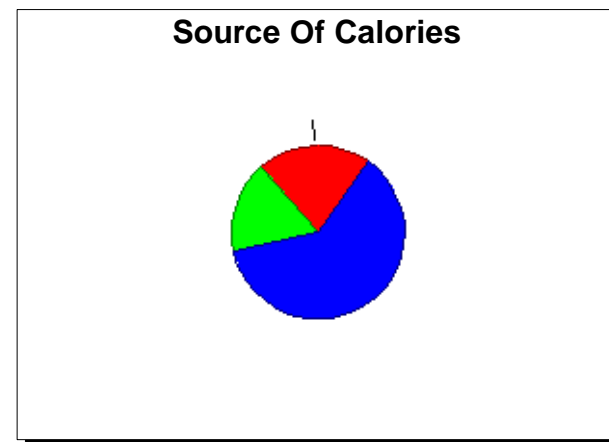
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.001 mcg
Vitamin A	445.490 IU
Vitamin A	88.607 RE

Water Soluble Vitamins	
Thiamin B1	0.071 mg
Riboflavin B2	0.123 mg
Niacin B3	n/a
Niacin B3	11.221 mg
Pyridoxine B6	0.595 mg
Cobalamin B12	0.380 mcg
Pantothenic Acid	0.005 mg
Vitamin C	1.587 mg
Folic Acid	4.568 mcg

Minerals	
Phosphorus	248.745 mg
Zinc	0.904 mg
Magnesium	28.403 mg
Copper	0.002 mg
Selenium	0.000 mg
Iron	1.620 mg
Calcium	144.361 mg
Manganese	0.006 mg
Iodine	3.267 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



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.