

RECIPE ANALYSIS

Recipe Name : C-43
Serving Size : .75c mix,.5c r

Recipe Desc : Sweet & Sour Chicken & Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: .75c mix,.5c r		
Amount Per Serving		
Calories 343.66	Calories from Fat 46.33	
% Daily Value		
Total Fat	5.15 g	8%
Saturated	1.00 g	5%
PolyUnSat	0.25 g	n/a
MonoUnSat	0.28 g	n/a
Cholesterol	50.98 mg	17%
Sodium	202.67 mg	8%
Potassium	242.17 mg	7%
Total Carbs	50.99 g	17%
Dietary Fiber	0.83 g	3%
Sugars	23.13 g	n/a
Protein	23.93 g	
Vitamin A - 2%	Vitamin C - 22%	
Calcium - 2%	Iron - 10%	
Vitamin E - n/a	Thiamin - 12%	
Riboflavin - 5%	Niacin - 51%	
Vitamin B6 - 26%	Folic Acid - 10%	
Vitamin B12 - 6%	Pantothenic Acid - 0%	
Phosphorous - 18%	Magnesium - 0%	
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	0.275 mcg
Vitamin D	10.886 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.007 alp
Vitamin K	0.156 mcg
Vitamin A	101.499 IU
Vitamin A	20.297 RE

Water Soluble Vitamins	
Thiamin B1	0.182 mg
Riboflavin B2	0.082 mg
Niacin B3	n/a
Niacin B3	10.169 mg
Pyridoxine B6	0.510 mg
Cobalamin B12	0.348 mcg
Pantothenic Acid	0.002 mg
Vitamin C	12.944 mg
Folic Acid	40.000 mcg

Minerals	
Phosphorus	178.933 mg
Zinc	0.009 mg
Magnesium	0.455 mg
Copper	0.001 mg
Selenium	0.000 mg
Iron	1.798 mg
Calcium	23.203 mg
Manganese	0.006 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

