

RECIPE ANALYSIS

Recipe Name : C-14
Serving Size : 6 oz.

Recipe Desc : Sweet Chicken Crunch
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 395.17	Calories from Fat 58.18	
% Daily Value		
Total Fat	6.46 g	10%
Saturated	1.75 g	9%
PolyUnSat	0.93 g	n/a
MonoUnSat	2.63 g	n/a
Cholesterol	74.22 mg	25%
Sodium	2216.30 mg	92%
Potassium	16.20 mg	0%
Total Carbs	52.89 g	18%
Dietary Fiber	2.47 g	10%
Sugars	9.48 g	n/a
Protein	31.20 g	
Vitamin A - 6%	Vitamin C - 7%	
Calcium - 1%	Iron - 47%	
Vitamin E - n/a	Thiamin - 33%	
Riboflavin - 33%	Niacin - 33%	
Vitamin B6 - 33%	Folic Acid - 33%	
Vitamin B12 - 16%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	n/a
Vitamin D	25.920 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	324.570 IU
Vitamin A	64.866 RE

Water Soluble Vitamins	
Thiamin B1	0.502 mg
Riboflavin B2	0.568 mg
Niacin B3	n/a
Niacin B3	6.600 mg
Pyridoxine B6	0.660 mg
Cobalamin B12	0.972 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.195 mg
Folic Acid	132.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	8.421 mg
Calcium	8.329 mg
Manganese	0.000 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

