

RECIPE ANALYSIS

Recipe Name : C-49
Serving Size : 1 EACH

Recipe Desc : Swiss Chicken Casserole
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 531.50	Calories from Fat 399.68	
% Daily Value		
Total Fat	44.41 g	68%
Saturated	8.51 g	43%
PolyUnSat	21.55 g	n/a
MonoUnSat	8.63 g	n/a
Cholesterol	67.19 mg	22%
Sodium	581.68 mg	24%
Potassium	229.98 mg	7%
Total Carbs	14.93 g	5%
Dietary Fiber	1.35 g	5%
Sugars	2.39 g	n/a
Protein	21.72 g	
Vitamin A - 5%	Vitamin C - 2%	
Calcium - 15%	Iron - 9%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 6%	Niacin - 33%	
Vitamin B6 - 17%	Folic Acid - 1%	
Vitamin B12 - 4%	Pantothenic Acid - 0%	
Phosphorous - 13%	Magnesium - 3%	
Zinc - 1%	Copper - 2%	
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	0.179 mcg
Vitamin D	11.744 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	4.332 mcg
Vitamin A	241.564 IU
Vitamin A	48.297 RE

Water Soluble Vitamins	
Thiamin B1	0.057 mg
Riboflavin B2	0.104 mg
Niacin B3	n/a
Niacin B3	6.667 mg
Pyridoxine B6	0.338 mg
Cobalamin B12	0.226 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.071 mg
Folic Acid	5.255 mcg

Minerals	
Phosphorus	134.702 mg
Zinc	0.120 mg
Magnesium	10.387 mg
Copper	0.043 mg
Selenium	0.058 mg
Iron	1.612 mg
Calcium	147.534 mg
Manganese	0.019 mg
Iodine	5.880 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

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.