

# RECIPE ANALYSIS

Recipe Name : C-68  
Serving Size : 1 breast

Recipe Desc : Thai BBQ Chicken  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
<b>Calories 192.78</b>	<b>Calories from Fat 39.04</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.34 g</b>	<b>7%</b>
Saturated	1.31 g	7%
PolyUnSat	0.74 g	n/a
MonoUnSat	2.19 g	n/a
<b>Cholesterol</b>	<b>67.81 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>470.34 mg</b>	<b>20%</b>
<b>Potassium</b>	<b>29.33 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>11.46 g</b>	<b>4%</b>
Dietary Fiber	0.24 g	1%
Sugars	10.50 g	n/a
<b>Protein</b>	<b>26.89 g</b>	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 2%	Iron - 8%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	84.543 IU
Vitamin A	16.908 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.170 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	4.500 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.461 mg
Calcium	17.055 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**

