

# RECIPE ANALYSIS

Recipe Name : C-39  
Serving Size : 2oz turk,3oz br

Recipe Desc : Turkey Divan  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2oz turk,3oz br		
Amount Per Serving		
<b>Calories 120.87</b>	<b>Calories from Fat 28.49</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.17 g</b>	<b>5%</b>
Saturated	0.72 g	4%
PolyUnSat	0.13 g	n/a
MonoUnSat	0.02 g	n/a
<b>Cholesterol</b>	<b>30.52 mg</b>	<b>10%</b>
<b>Sodium</b>	<b>559.25 mg</b>	<b>23%</b>
<b>Potassium</b>	<b>204.55 mg</b>	<b>6%</b>
<b>Total Carbs</b>	<b>10.11 g</b>	<b>3%</b>
Dietary Fiber	1.07 g	4%
Sugars	1.99 g	n/a
<b>Protein</b>	<b>14.17 g</b>	
Vitamin A - 40%	Vitamin C - 91%	
Calcium - 8%	Iron - 8%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 5%	Niacin - 2%	
Vitamin B6 - 6%	Folic Acid - 16%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 5%	Magnesium - 4%	
Zinc - 3%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	1992.593 IU
Vitamin A	199.648 RE

Water Soluble Vitamins	
Thiamin B1	0.051 mg
Riboflavin B2	0.092 mg
Niacin B3	n/a
Niacin B3	0.452 mg
Pyridoxine B6	0.126 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.269 mg
Vitamin C	54.395 mg
Folic Acid	64.621 mcg

Minerals	
Phosphorus	48.279 mg
Zinc	0.463 mg
Magnesium	17.472 mg
Copper	0.037 mg
Selenium	n/a
Iron	1.492 mg
Calcium	76.852 mg
Manganese	0.282 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**

