

# RECIPE ANALYSIS

Recipe Name : C-33  
Serving Size : 8 oz.

Recipe Desc : Turkey Tetrazzini  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
<b>Calories 367.01</b>	<b>Calories from Fat 151.30</b>	
	% Daily Value	
<b>Total Fat</b>	<b>16.81 g</b>	<b>26%</b>
Saturated	4.47 g	22%
PolyUnSat	3.04 g	n/a
MonoUnSat	0.58 g	n/a
<b>Cholesterol</b>	<b>27.39 mg</b>	<b>9%</b>
<b>Sodium</b>	<b>1610.98 mg</b>	<b>67%</b>
<b>Potassium</b>	<b>60.83 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>36.74 g</b>	<b>12%</b>
Dietary Fiber	1.82 g	7%
Sugars	4.50 g	n/a
<b>Protein</b>	<b>16.12 g</b>	
Vitamin A - 13%	Vitamin C - 5%	
Calcium - 19%	Iron - 13%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 3%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	24.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.010 alp
Vitamin K	0.203 mcg
Vitamin A	674.441 IU
Vitamin A	134.889 RE

Water Soluble Vitamins	
Thiamin B1	0.052 mg
Riboflavin B2	0.048 mg
Niacin B3	n/a
Niacin B3	0.403 mg
Pyridoxine B6	0.018 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.036 mg
Vitamin C	2.966 mg
Folic Acid	11.531 mcg

Minerals	
Phosphorus	31.812 mg
Zinc	0.062 mg
Magnesium	2.285 mg
Copper	0.013 mg
Selenium	0.000 mg
Iron	2.370 mg
Calcium	185.968 mg
Manganese	0.062 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

