

RECIPE ANALYSIS

Recipe Name : C-72
Serving Size : 1 breast

Recipe Desc : Unfried Chicken
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 breast		
Amount Per Serving		
Calories 252.26	Calories from Fat 47.57	
% Daily Value		
Total Fat	5.29 g	8%
Saturated	1.33 g	7%
PolyUnSat	0.78 g	n/a
MonoUnSat	2.20 g	n/a
Cholesterol	67.81 mg	23%
Sodium	136.34 mg	6%
Potassium	7.28 mg	0%
Total Carbs	22.09 g	7%
Dietary Fiber	1.69 g	7%
Sugars	0.71 g	n/a
Protein	29.31 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 3%	Iron - 12%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 4%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	2.438 IU
Vitamin A	0.250 RE

Water Soluble Vitamins	
Thiamin B1	0.044 mg
Riboflavin B2	0.061 mg
Niacin B3	n/a
Niacin B3	0.360 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	0.269 mg
Folic Acid	10.886 mcg

Minerals	
Phosphorus	7.348 mg
Zinc	0.048 mg
Magnesium	1.497 mg
Copper	0.010 mg
Selenium	0.000 mg
Iron	2.218 mg
Calcium	34.339 mg
Manganese	0.046 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

