

RECIPE ANALYSIS

Recipe Name : HOOVER6
Serving Size : 1 EACH

Recipe Desc : Wasabi Poached Chicken
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 172.32	Calories from Fat 17.96	
% Daily Value		
Total Fat	2.00 g	3%
Saturated	0.01 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	60.15 mg	20%
Sodium	404.82 mg	17%
Potassium	278.22 mg	8%
Total Carbs	3.90 g	1%
Dietary Fiber	0.54 g	2%
Sugars	0.25 g	n/a
Protein	35.12 g	
Vitamin A - 16%	Vitamin C - 8%	
Calcium - 8%	Iron - 19%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 1%	Magnesium - 2%	
Zinc - 1%	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	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	794.027 IU
Vitamin A	79.397 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.052 mg
Niacin B3	n/a
Niacin B3	0.262 mg
Pyridoxine B6	0.026 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	4.603 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	11.991 mg
Zinc	0.157 mg
Magnesium	8.530 mg
Copper	0.026 mg
Selenium	n/a
Iron	3.378 mg
Calcium	76.265 mg
Manganese	0.366 mg
Iodine	7.840 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

