

RECIPE ANALYSIS

Recipe Name : DORINDA1
Serving Size : 1 EACH

Recipe Desc : Zesty Chicken & Veg. Medley
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 297.66	Calories from Fat 124.23	
% Daily Value		
Total Fat	13.80 g	21%
Saturated	2.62 g	13%
PolyUnSat	1.27 g	n/a
MonoUnSat	3.58 g	n/a
Cholesterol	68.27 mg	23%
Sodium	382.95 mg	16%
Potassium	881.19 mg	25%
Total Carbs	12.98 g	4%
Dietary Fiber	5.93 g	24%
Sugars	4.59 g	n/a
Protein	33.19 g	
Vitamin A - 61%	Vitamin C - 288%	
Calcium - 16%	Iron - 18%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 19%	Niacin - 69%	
Vitamin B6 - 46%	Folic Acid - 32%	
Vitamin B12 - 7%	Pantothenic Acid - 10%	
Phosphorous - 34%	Magnesium - 19%	
Zinc - 6%	Copper - 4%	
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	371.952 mcg
Vitamin A	3039.857 IU
Vitamin A	607.968 RE

Water Soluble Vitamins	
Thiamin B1	0.207 mg
Riboflavin B2	0.318 mg
Niacin B3	n/a
Niacin B3	13.811 mg
Pyridoxine B6	0.910 mg
Cobalamin B12	0.430 mcg
Pantothenic Acid	0.980 mg
Vitamin C	172.822 mg
Folic Acid	128.822 mcg

Minerals	
Phosphorus	341.230 mg
Zinc	0.900 mg
Magnesium	77.000 mg
Copper	0.073 mg
Selenium	0.000 mg
Iron	3.170 mg
Calcium	159.535 mg
Manganese	0.417 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

