

RECIPE ANALYSIS

Recipe Name : ?1
Serving Size : 1 EACH

Recipe Desc : Chicken Bruschetta Salad
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 248.92	Calories from Fat 58.55	
% Daily Value		
Total Fat	6.51 g	10%
Saturated	1.43 g	7%
PolyUnSat	0.44 g	n/a
MonoUnSat	0.36 g	n/a
Cholesterol	67.46 mg	22%
Sodium	228.30 mg	10%
Potassium	633.84 mg	18%
Total Carbs	18.35 g	6%
Dietary Fiber	5.87 g	23%
Sugars	8.12 g	n/a
Protein	29.87 g	
Vitamin A - 83%	Vitamin C - 345%	
Calcium - 7%	Iron - 13%	
Vitamin E - n/a	Thiamin - 13%	
Riboflavin - 10%	Niacin - 67%	
Vitamin B6 - 47%	Folic Acid - 9%	
Vitamin B12 - 7%	Pantothenic Acid - 1%	
Phosphorous - 27%	Magnesium - 12%	
Zinc - 8%	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	0.000 mg
Vitamin E	n/a
Vitamin E	0.502 alp
Vitamin K	10.070 mcg
Vitamin A	4145.004 IU
Vitamin A	829.000 RE

Water Soluble Vitamins	
Thiamin B1	0.189 mg
Riboflavin B2	0.169 mg
Niacin B3	n/a
Niacin B3	13.439 mg
Pyridoxine B6	0.948 mg
Cobalamin B12	0.430 mcg
Pantothenic Acid	0.128 mg
Vitamin C	206.788 mg
Folic Acid	37.014 mcg

Minerals	
Phosphorus	265.969 mg
Zinc	1.171 mg
Magnesium	47.155 mg
Copper	0.089 mg
Selenium	n/a
Iron	2.374 mg
Calcium	73.727 mg
Manganese	0.189 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

