

RECIPE ANALYSIS

Recipe Name : ED3
Serving Size : 1 EACH

Recipe Desc : Wasabi Nood. w/Porkloin Salad
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 453.12	Calories from Fat 209.63	
% Daily Value		
Total Fat	23.29 g	36%
Saturated	5.53 g	28%
PolyUnSat	6.41 g	n/a
MonoUnSat	9.58 g	n/a
Cholesterol	68.59 mg	23%
Sodium	353.74 mg	15%
Potassium	180.59 mg	5%
Total Carbs	29.42 g	10%
Dietary Fiber	3.36 g	13%
Sugars	3.08 g	n/a
Protein	29.65 g	
Vitamin A - 4%	Vitamin C - 55%	
Calcium - 6%	Iron - 12%	
Vitamin E - n/a	Thiamin - 57%	
Riboflavin - 14%	Niacin - 18%	
Vitamin B6 - 3%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 12%	Copper - 2%	
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	1.166 IU
Vitamin E	0.007 alp
Vitamin K	2.966 mcg
Vitamin A	219.632 IU
Vitamin A	43.490 RE

Water Soluble Vitamins	
Thiamin B1	0.859 mg
Riboflavin B2	0.242 mg
Niacin B3	n/a
Niacin B3	3.616 mg
Pyridoxine B6	0.052 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.105 mg
Vitamin C	32.979 mg
Folic Acid	18.123 mcg

Minerals	
Phosphorus	12.215 mg
Zinc	1.796 mg
Magnesium	5.874 mg
Copper	0.031 mg
Selenium	n/a
Iron	2.181 mg
Calcium	56.279 mg
Manganese	0.052 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

