

# RECIPE ANALYSIS

Recipe Name : E-13  
Serving Size : 1 EACH

Recipe Desc : Sloppy Joe  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 173.34</b>	<b>Calories from Fat 98.64</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.96 g</b>	<b>17%</b>
Saturated	4.86 g	24%
PolyUnSat	0.48 g	n/a
MonoUnSat	5.50 g	n/a
<b>Cholesterol</b>	<b>36.90 mg</b>	<b>12%</b>
<b>Sodium</b>	<b>420.57 mg</b>	<b>18%</b>
<b>Potassium</b>	<b>271.72 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>6.96 g</b>	<b>2%</b>
Dietary Fiber	1.09 g	4%
Sugars	3.37 g	n/a
<b>Protein</b>	<b>10.78 g</b>	
Vitamin A - 11%	Vitamin C - 14%	
Calcium - 1%	Iron - 9%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 6%	Niacin - 10%	
Vitamin B6 - 11%	Folic Acid - 2%	
Vitamin B12 - 26%	Pantothenic Acid - 0%	
Phosphorous - 10%	Magnesium - 3%	
Zinc - 13%	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	0.130 mcg
Vitamin D	5.850 IU
Vitamin E	0.000 mg
Vitamin E	0.542 IU
Vitamin E	0.000 alp
Vitamin K	2.693 mcg
Vitamin A	571.803 IU
Vitamin A	114.360 RE

Water Soluble Vitamins	
Thiamin B1	0.059 mg
Riboflavin B2	0.105 mg
Niacin B3	0.000 NE
Niacin B3	1.957 mg
Pyridoxine B6	0.225 mg
Cobalamin B12	1.560 mcg
Pantothenic Acid	0.000 mg
Vitamin C	8.353 mg
Folic Acid	6.579 mcg

Minerals	
Phosphorus	97.681 mg
Zinc	1.996 mg
Magnesium	11.709 mg
Copper	0.042 mg
Selenium	7.654 mg
Iron	1.688 mg
Calcium	14.239 mg
Manganese	0.026 mg
Iodine	19.196 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

Source Of Calories

