

RECIPE ANALYSIS

Recipe Name : D-04
Serving Size : 1 cake

Recipe Desc : Maryland Crab Cakes
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cake		
Amount Per Serving		
Calories 556.39	Calories from Fat 218.66	
% Daily Value		
Total Fat	24.30 g	37%
Saturated	3.56 g	18%
PolyUnSat	13.09 g	n/a
MonoUnSat	5.77 g	n/a
Cholesterol	357.96 mg	119%
Sodium	1578.63 mg	66%
Potassium	156.05 mg	4%
Total Carbs	26.67 g	9%
Dietary Fiber	3.87 g	15%
Sugars	4.48 g	n/a
Protein	53.59 g	
Vitamin A - 8%	Vitamin C - 54%	
Calcium - 33%	Iron - 74%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 7%	Niacin - 1%	
Vitamin B6 - 9%	Folic Acid - 2%	
Vitamin B12 - 3%	Pantothenic Acid - 3%	
Phosphorous - 9%	Magnesium - 3%	
Zinc - 2%	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	0.234 mcg
Vitamin D	9.360 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.134 alp
Vitamin K	2.849 mcg
Vitamin A	375.069 IU
Vitamin A	75.006 RE

Water Soluble Vitamins	
Thiamin B1	0.055 mg
Riboflavin B2	0.111 mg
Niacin B3	n/a
Niacin B3	0.229 mg
Pyridoxine B6	0.184 mg
Cobalamin B12	0.180 mcg
Pantothenic Acid	0.266 mg
Vitamin C	32.304 mg
Folic Acid	8.483 mcg

Minerals	
Phosphorus	86.013 mg
Zinc	0.326 mg
Magnesium	10.177 mg
Copper	0.028 mg
Selenium	5.544 mg
Iron	13.242 mg
Calcium	328.264 mg
Manganese	0.120 mg
Iodine	11.760 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

