

RECIPE ANALYSIS

Recipe Name : D-27
Serving Size : 4oz mix,3oz rc

Recipe Desc : Seafood Stir Fry
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|-------------------------------|------------|
| Serving Size: 4oz mix,3oz rc | | |
| Amount Per Serving | | |
| Calories 79.84 | Calories from Fat 7.50 | |
| % Daily Value | | |
| Total Fat | 0.83 g | 1% |
| Saturated | 0.05 g | 0% |
| PolyUnSat | 0.15 g | n/a |
| MonoUnSat | 0.05 g | n/a |
| Cholesterol | 50.18 mg | 17% |
| Sodium | 420.88 mg | 18% |
| Potassium | 147.07 mg | 4% |
| Total Carbs | 8.53 g | 3% |
| Dietary Fiber | 1.04 g | 4% |
| Sugars | 2.94 g | n/a |
| Protein | 9.38 g | |
| Vitamin A - 26% | Vitamin C - 18% | |
| Calcium - 3% | Iron - 5% | |
| Vitamin E - n/a | Thiamin - 2% | |
| Riboflavin - 4% | Niacin - 3% | |
| Vitamin B6 - 3% | Folic Acid - 2% | |
| Vitamin B12 - 0% | Pantothenic Acid - 2% | |
| Phosphorous - 7% | Magnesium - 3% | |
| Zinc - 1% | 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 | 0.178 mcg |
| Vitamin D | 7.117 IU |
| Vitamin E | 0.001 mg |
| Vitamin E | 0.001 IU |
| Vitamin E | 0.000 alp |
| Vitamin K | 19.839 mcg |
| Vitamin A | 1277.329 IU |
| Vitamin A | 255.466 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | 0.032 mg |
| Riboflavin B2 | 0.074 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.656 mg |
| Pyridoxine B6 | 0.052 mg |
| Cobalamin B12 | 0.004 mcg |
| Pantothenic Acid | 0.191 mg |
| Vitamin C | 10.938 mg |
| Folic Acid | 8.147 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 66.660 mg |
| Zinc | 0.085 mg |
| Magnesium | 11.742 mg |
| Copper | 0.038 mg |
| Selenium | 0.840 mg |
| Iron | 0.826 mg |
| Calcium | 31.286 mg |
| Manganese | 0.050 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

