

# RECIPE ANALYSIS

Recipe Name : D-24  
Serving Size : .5c mix, .5c rc

Recipe Desc : Shrimp Stir Fry w/ Rice  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: .5c mix, .5c rc		
Amount Per Serving		
<b>Calories 181.51</b>	<b>Calories from Fat 11.41</b>	
% Daily Value		
<b>Total Fat</b>	<b>1.27 g</b>	<b>2%</b>
Saturated	0.02 g	0%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>95.20 mg</b>	<b>32%</b>
<b>Sodium</b>	<b>263.32 mg</b>	<b>11%</b>
<b>Potassium</b>	<b>132.08 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>25.44 g</b>	<b>8%</b>
Dietary Fiber	1.11 g	4%
Sugars	2.16 g	n/a
<b>Protein</b>	<b>16.58 g</b>	
Vitamin A - 31%	Vitamin C - 23%	
Calcium - 7%	Iron - 12%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 4%	Niacin - 3%	
Vitamin B6 - 4%	Folic Acid - 14%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 3%	Magnesium - 2%	
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	1.276 mcg
Vitamin A	1536.344 IU
Vitamin A	267.495 RE

Water Soluble Vitamins	
Thiamin B1	0.149 mg
Riboflavin B2	0.067 mg
Niacin B3	n/a
Niacin B3	0.555 mg
Pyridoxine B6	0.076 mg
Cobalamin B12	0.004 mcg
Pantothenic Acid	0.196 mg
Vitamin C	13.942 mg
Folic Acid	54.625 mcg

Minerals	
Phosphorus	25.670 mg
Zinc	0.192 mg
Magnesium	7.192 mg
Copper	0.042 mg
Selenium	0.840 mg
Iron	2.156 mg
Calcium	66.498 mg
Manganese	0.097 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**



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.