RECIPE ANALYSIS

Recipe Name : H-8 **Recipe Desc : Chicken Gumbo Creole** **Author :** **Yield : 50**
Serving Size : 1 EACH **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 1 each

Amount Per Serving

Calories 121.97 **Calories from Fat 46.61**

			% Daily Value
Total Fat	**5.18**	**g**	**8%**
Saturated	3.17	g	16%
PolyUnSat	0.01	g	n/a
MonoUnSat	1.11	g	n/a
Cholesterol	**17.35**	**mg**	**6%**
Sodium	**1178.52**	**mg**	**49%**
Potassium	**115.99**	**mg**	**3%**
Total Carbs	**13.27**	**g**	**4%**
Dietary Fiber	2.51	g	10%
Sugars	4.94	g	n/a
Protein	**5.62**	**g**	

Vitamin A - 23%	Vitamin C - 44%
Calcium - 4%	Iron - 3%
Vitamin E - n/a	Thiamin - 2%
Riboflavin - 1%	Niacin - 0%
Vitamin B6 - 3%	Folic Acid - 3%
Vitamin B12 - 0%	Pantothenic Acid - 0%
Phosphorous - 1%	Magnesium - 2%
Zinc - 1%	Copper - 0%

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	1.437	IU
Vitamin E	0.000	mg
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	5.437	mcg
Vitamin A	1139.578	IU
Vitamin A	227.909	RE

Water Soluble Vitamins

Thiamin B1	0.035	mg
Riboflavin B2	0.019	mg
Niacin B3	n/a	
Niacin B3	0.083	mg
Pyridoxine B6	0.057	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	26.433	mg
Folic Acid	12.021	mcg

Minerals

Phosphorus	12.845	mg
Zinc	0.152	mg
Magnesium	7.455	mg
Copper	0.007	mg
Selenium	0.072	mg
Iron	0.584	mg
Calcium	43.851	mg
Manganese	0.060	mg
Iodine	23.520	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