

RECIPE ANALYSIS

Recipe Name : H-13
Serving Size : 1 EACH

Recipe Desc : Chili Con Carne
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 57.81	Calories from Fat 6.24	
% Daily Value		
Total Fat	0.69 g	1%
Saturated	0.31 g	2%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.30 g	n/a
Cholesterol	1.91 mg	1%
Sodium	307.27 mg	13%
Potassium	11.81 mg	0%
Total Carbs	10.27 g	3%
Dietary Fiber	2.98 g	12%
Sugars	2.13 g	n/a
Protein	3.84 g	
Vitamin A - 12%	Vitamin C - 8%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 1%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
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	0.007 mcg
Vitamin D	0.267 IU
Vitamin E	0.000 mg
Vitamin E	0.028 IU
Vitamin E	0.000 alp
Vitamin K	0.009 mcg
Vitamin A	601.423 IU
Vitamin A	120.282 RE

Water Soluble Vitamins	
Thiamin B1	0.004 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.091 mg
Pyridoxine B6	0.015 mg
Cobalamin B12	0.081 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.539 mg
Folic Acid	0.176 mcg

Minerals	
Phosphorus	5.529 mg
Zinc	0.107 mg
Magnesium	0.753 mg
Copper	0.002 mg
Selenium	0.397 mg
Iron	1.082 mg
Calcium	31.487 mg
Manganese	0.004 mg
Iodine	17.640 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

