

RECIPE ANALYSIS

Recipe Name : H-16
Serving Size : 8 oz.

Recipe Desc : Sicilian Clam & Scallop Chowd
Prep Time :

Author :
Cook Time :

Yield : 40

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
Calories 250.41	Calories from Fat 86.97	
% Daily Value		
Total Fat	9.66 g	15%
Saturated	1.27 g	6%
PolyUnSat	1.26 g	n/a
MonoUnSat	6.01 g	n/a
Cholesterol	84.78 mg	28%
Sodium	738.27 mg	31%
Potassium	173.84 mg	5%
Total Carbs	18.46 g	6%
Dietary Fiber	1.77 g	7%
Sugars	4.10 g	n/a
Protein	21.66 g	
Vitamin A - 13%	Vitamin C - 101%	
Calcium - 10%	Iron - 10%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 7%	Niacin - 7%	
Vitamin B6 - 7%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 4%	Magnesium - 2%	
Zinc - 2%	Copper - 5%	
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	0.333 mcg
Vitamin D	13.345 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.063 alp
Vitamin K	1.338 mcg
Vitamin A	636.236 IU
Vitamin A	122.686 RE

Water Soluble Vitamins	
Thiamin B1	0.085 mg
Riboflavin B2	0.118 mg
Niacin B3	n/a
Niacin B3	1.338 mg
Pyridoxine B6	0.132 mg
Cobalamin B12	0.007 mcg
Pantothenic Acid	0.352 mg
Vitamin C	60.629 mg
Folic Acid	16.342 mcg

Minerals	
Phosphorus	37.071 mg
Zinc	0.239 mg
Magnesium	9.689 mg
Copper	0.102 mg
Selenium	1.562 mg
Iron	1.796 mg
Calcium	96.919 mg
Manganese	0.154 mg
Iodine	0.000 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

