RECIPE ANALYSIS

Recipe Name : H-78 **Recipe Desc : Vegetarian Chili** **Author :** **Yield : 48**
Serving Size : 8 oz. **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 8 oz.

Amount Per Serving

Calories 208.00 **Calories from Fat 33.83**

			% Daily Value
Total Fat	**3.76**	**g**	**6%**
Saturated	0.59	g	3%
PolyUnSat	1.53	g	n/a
MonoUnSat	1.08	g	n/a
Cholesterol	**0.03**	**mg**	**0%**
Sodium	**833.46**	**mg**	**35%**
Potassium	**287.03**	**mg**	**8%**
Total Carbs	**31.01**	**g**	**10%**
Dietary Fiber	9.49	g	38%
Sugars	6.76	g	n/a
Protein	**14.31**	**g**	

Vitamin A - 18%	Vitamin C - 15%
Calcium - 8%	Iron - 23%
Vitamin E - n/a	Thiamin - 0%
Riboflavin - 1%	Niacin - 1%
Vitamin B6 - 0%	Folic Acid - 0%
Vitamin B12 - 0%	Pantothenic Acid - 0%
Phosphorous - 0%	Magnesium - 0%
Zinc - 0%	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	n/a	
Vitamin E	0.000	mg
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	0.018	mcg
Vitamin A	888.038	IU
Vitamin A	177.613	RE

Water Soluble Vitamins

Thiamin B1	0.002	mg
Riboflavin B2	0.015	mg
Niacin B3	n/a	
Niacin B3	0.267	mg
Pyridoxine B6	0.007	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	8.946	mg
Folic Acid	0.000	mcg

Minerals

Phosphorus	1.270	mg
Zinc	0.008	mg
Magnesium	0.473	mg
Copper	0.000	mg
Selenium	0.000	mg
Iron	4.069	mg
Calcium	84.654	mg
Manganese	0.006	mg
Iodine	12.250	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