

# RECIPE ANALYSIS

Recipe Name : H-76  
Serving Size : 8 oz.

Recipe Desc : White Chicken Chili  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
<b>Calories 200.44</b>	<b>Calories from Fat 58.35</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.48 g</b>	<b>10%</b>
Saturated	2.60 g	13%
PolyUnSat	1.10 g	n/a
MonoUnSat	2.67 g	n/a
<b>Cholesterol</b>	<b>40.42 mg</b>	<b>13%</b>
<b>Sodium</b>	<b>1010.31 mg</b>	<b>42%</b>
<b>Potassium</b>	<b>137.30 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>11.97 g</b>	<b>4%</b>
Dietary Fiber	4.26 g	17%
Sugars	1.41 g	n/a
<b>Protein</b>	<b>23.80 g</b>	
Vitamin A - 5%	Vitamin C - 4%	
Calcium - 14%	Iron - 8%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 1%	
Vitamin B12 - 2%	Pantothenic Acid - 0%	
Phosphorous - 7%	Magnesium - 1%	
Zinc - 3%	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	0.068 mcg
Vitamin A	237.735 IU
Vitamin A	56.121 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.057 mg
Niacin B3	n/a
Niacin B3	0.033 mg
Pyridoxine B6	0.044 mg
Cobalamin B12	0.110 mcg
Pantothenic Acid	0.033 mg
Vitamin C	2.429 mg
Folic Acid	2.494 mcg

Minerals	
Phosphorus	66.157 mg
Zinc	0.448 mg
Magnesium	5.776 mg
Copper	0.007 mg
Selenium	0.000 mg
Iron	1.412 mg
Calcium	142.101 mg
Manganese	0.033 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**

