

RECIPE ANALYSIS

Recipe Name : G-24
Serving Size : 2 enchiladas

Recipe Desc : Cheese Enchiladas
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 enchiladas		
Amount Per Serving		
Calories 374.25	Calories from Fat 164.07	
	% Daily Value	
Total Fat	18.23 g	28%
Saturated	7.75 g	39%
PolyUnSat	2.41 g	n/a
MonoUnSat	3.97 g	n/a
Cholesterol	40.26 mg	13%
Sodium	1001.24 mg	42%
Potassium	53.33 mg	2%
Total Carbs	35.43 g	12%
Dietary Fiber	0.21 g	1%
Sugars	0.88 g	n/a
Protein	14.37 g	
Vitamin A - 15%	Vitamin C - 8%	
Calcium - 29%	Iron - 16%	
Vitamin E - n/a	Thiamin - 17%	
Riboflavin - 18%	Niacin - 12%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 20%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.017 mcg
Vitamin A	767.325 IU
Vitamin A	153.445 RE

Water Soluble Vitamins	
Thiamin B1	0.257 mg
Riboflavin B2	0.303 mg
Niacin B3	0.000 NE
Niacin B3	2.457 mg
Pyridoxine B6	0.009 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.003 mg
Vitamin C	5.041 mg
Folic Acid	0.919 mcg

Minerals	
Phosphorus	202.073 mg
Zinc	0.017 mg
Magnesium	0.760 mg
Copper	0.001 mg
Selenium	0.000 mg
Iron	2.858 mg
Calcium	293.556 mg
Manganese	0.008 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

