

RECIPE ANALYSIS

Recipe Name : G-5
Serving Size : 1 EACH

Recipe Desc : Cr. Cheese/ Mushroom Enchilada Author :
Prep Time : Cook Time :

Yield : 32

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 380.84	Calories from Fat 241.17	
% Daily Value		
Total Fat	26.80 g	41%
Saturated	13.28 g	66%
PolyUnSat	1.40 g	n/a
MonoUnSat	1.05 g	n/a
Cholesterol	69.95 mg	23%
Sodium	677.37 mg	28%
Potassium	222.79 mg	6%
Total Carbs	25.93 g	9%
Dietary Fiber	2.67 g	11%
Sugars	6.97 g	n/a
Protein	11.21 g	
Vitamin A - 37%	Vitamin C - 19%	
Calcium - 24%	Iron - 9%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 18%	Niacin - 9%	
Vitamin B6 - 4%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 7%	
Phosphorous - 7%	Magnesium - 2%	
Zinc - 12%	Copper - 7%	
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	0.808 mcg
Vitamin D	32.319 IU
Vitamin E	0.000 mg
Vitamin E	0.006 IU
Vitamin E	0.000 alp
Vitamin K	0.080 mcg
Vitamin A	1852.052 IU
Vitamin A	366.847 RE

Water Soluble Vitamins	
Thiamin B1	0.060 mg
Riboflavin B2	0.305 mg
Niacin B3	0.000 NE
Niacin B3	1.744 mg
Pyridoxine B6	0.071 mg
Cobalamin B12	0.018 mcg
Pantothenic Acid	0.655 mg
Vitamin C	11.529 mg
Folic Acid	6.018 mcg

Minerals	
Phosphorus	72.685 mg
Zinc	1.849 mg
Magnesium	6.849 mg
Copper	0.143 mg
Selenium	3.767 mg
Iron	1.616 mg
Calcium	237.934 mg
Manganese	0.056 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

