

RECIPE ANALYSIS

Recipe Name : G-63
Serving Size : 4 oz

Recipe Desc : Fried Rice
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|--------------------------------|------------|
| Serving Size: 4 oz | | |
| Amount Per Serving | | |
| Calories 134.79 | Calories from Fat 40.95 | |
| % Daily Value | | |
| Total Fat | 4.55 g | 7% |
| Saturated | 0.71 g | 4% |
| PolyUnSat | 1.49 g | n/a |
| MonoUnSat | 2.24 g | n/a |
| Cholesterol | 25.50 mg | 8% |
| Sodium | 289.39 mg | 12% |
| Potassium | 62.48 mg | 2% |
| Total Carbs | 19.93 g | 7% |
| Dietary Fiber | 0.44 g | 2% |
| Sugars | 0.80 g | n/a |
| Protein | 3.22 g | |
| Vitamin A - 23% | Vitamin C - 4% | |
| Calcium - 2% | Iron - 5% | |
| Vitamin E - n/a | Thiamin - 8% | |
| Riboflavin - 2% | Niacin - 1% | |
| Vitamin B6 - 2% | Folic Acid - 10% | |
| Vitamin B12 - 1% | Pantothenic Acid - 1% | |
| Phosphorous - 2% | Magnesium - 1% | |
| Zinc - 1% | 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 | 0.078 mcg |
| Vitamin D | 3.120 IU |
| Vitamin E | 0.001 mg |
| Vitamin E | n/a |
| Vitamin E | 0.000 alp |
| Vitamin K | 1.232 mcg |
| Vitamin A | 1130.171 IU |
| Vitamin A | 226.034 RE |

| Water Soluble Vitamins | |
|------------------------|------------|
| Thiamin B1 | 0.120 mg |
| Riboflavin B2 | 0.037 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.101 mg |
| Pyridoxine B6 | 0.035 mg |
| Cobalamin B12 | 0.060 mcg |
| Pantothenic Acid | 0.076 mg |
| Vitamin C | 2.267 mg |
| Folic Acid | 41.550 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 16.307 mg |
| Zinc | 0.122 mg |
| Magnesium | 3.146 mg |
| Copper | 0.005 mg |
| Selenium | 1.855 mg |
| Iron | 0.884 mg |
| Calcium | 19.699 mg |
| Manganese | 0.026 mg |
| Iodine | 7.840 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

