

RECIPE ANALYSIS

Recipe Name : DORINDA3
Serving Size : 1 EACH

Recipe Desc : Mexican Chili Corn Pie
Prep Time :

Author :
Cook Time :

Yield : 1

| Nutrition Information | | |
|---------------------------------------------------------|---------------------------------|------------|
| Serving Size: 1 each | | |
| Amount Per Serving | | |
| Calories 507.06 | Calories from Fat 195.20 | |
| % Daily Value | | |
| Total Fat | 21.69 g | 33% |
| Saturated | 7.25 g | 36% |
| PolyUnSat | 5.77 g | n/a |
| MonoUnSat | 5.38 g | n/a |
| Cholesterol | 82.53 mg | 28% |
| Sodium | 797.79 mg | 33% |
| Potassium | 697.17 mg | 20% |
| Total Carbs | 64.47 g | 21% |
| Dietary Fiber | 11.30 g | 45% |
| Sugars | 12.49 g | n/a |
| Protein | 19.98 g | |
| Vitamin A - 72% | Vitamin C - 149% | |
| Calcium - 37% | Iron - 19% | |
| Vitamin E - n/a | Thiamin - 7% | |
| Riboflavin - 24% | Niacin - 5% | |
| Vitamin B6 - 13% | Folic Acid - 22% | |
| Vitamin B12 - 2% | Pantothenic Acid - 2% | |
| Phosphorous - 29% | Magnesium - 8% | |
| Zinc - 3% | Copper - 6% | |
| 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 | 0.163 mcg |
| Vitamin D | 32.746 IU |
| Vitamin E | n/a |
| Vitamin E | n/a |
| Vitamin E | 1.403 alp |
| Vitamin K | 67.036 mcg |
| Vitamin A | 3580.513 IU |
| Vitamin A | 716.106 RE |

| Water Soluble Vitamins | |
|-------------------------------|------------|
| Thiamin B1 | 0.108 mg |
| Riboflavin B2 | 0.412 mg |
| Niacin B3 | n/a |
| Niacin B3 | 1.081 mg |
| Pyridoxine B6 | 0.253 mg |
| Cobalamin B12 | 0.125 mcg |
| Pantothenic Acid | 0.226 mg |
| Vitamin C | 89.667 mg |
| Folic Acid | 87.392 mcg |

| Minerals | |
|-----------------|------------|
| Phosphorus | 292.708 mg |
| Zinc | 0.515 mg |
| Magnesium | 30.349 mg |
| Copper | 0.128 mg |
| Selenium | 4.712 mg |
| Iron | 3.429 mg |
| Calcium | 371.080 mg |
| Manganese | 0.326 mg |
| Iodine | 23.520 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

