

RECIPE ANALYSIS

Recipe Name : G-34
Serving Size : 8 oz.

Recipe Desc : Sesame Vegetable Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 8 oz.		
Amount Per Serving		
Calories 405.01	Calories from Fat 164.40	
	% Daily Value	
Total Fat	18.27 g	28%
Saturated	0.68 g	3%
PolyUnSat	3.33 g	n/a
MonoUnSat	5.28 g	n/a
Cholesterol	0.00 mg	0%
Sodium	1346.32 mg	56%
Potassium	497.34 mg	14%
Total Carbs	49.22 g	16%
Dietary Fiber	17.29 g	69%
Sugars	5.17 g	n/a
Protein	15.13 g	
Vitamin A - 92%	Vitamin C - 29%	
Calcium - 10%	Iron - 18%	
Vitamin E - n/a	Thiamin - 24%	
Riboflavin - 7%	Niacin - 13%	
Vitamin B6 - 8%	Folic Acid - 9%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 33%	Magnesium - 4%	
Zinc - 2%	Copper - 2%	
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	2.874	IU
Vitamin E	0.003	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	37.335	mcg
Vitamin A	4616.919	IU
Vitamin A	923.388	RE

Water Soluble Vitamins		
Thiamin B1	0.359	mg
Riboflavin B2	0.114	mg
Niacin B3	0.000	NE
Niacin B3	2.680	mg
Pyridoxine B6	0.160	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	17.408	mg
Folic Acid	35.232	mcg

Minerals		
Phosphorus	325.963	mg
Zinc	0.259	mg
Magnesium	17.134	mg
Copper	0.040	mg
Selenium	0.498	mg
Iron	3.227	mg
Calcium	96.797	mg
Manganese	0.192	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

