

RECIPE ANALYSIS

Recipe Name : G-51
Serving Size : 6 oz.

Recipe Desc : Southwest Tomato Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 162.92	Calories from Fat 4.68	
% Daily Value		
Total Fat	0.52 g	1%
Saturated	0.09 g	0%
PolyUnSat	0.17 g	n/a
MonoUnSat	0.04 g	n/a
Cholesterol	0.00 mg	0%
Sodium	341.07 mg	14%
Potassium	263.34 mg	8%
Total Carbs	35.55 g	12%
Dietary Fiber	2.56 g	10%
Sugars	7.54 g	n/a
Protein	5.58 g	
Vitamin A - 30%	Vitamin C - 28%	
Calcium - 5%	Iron - 12%	
Vitamin E - n/a	Thiamin - 12%	
Riboflavin - 15%	Niacin - 10%	
Vitamin B6 - 4%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 7%	
Phosphorous - 5%	Magnesium - 2%	
Zinc - 2%	Copper - 8%	
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	0.888 mcg
Vitamin D	36.304 IU
Vitamin E	0.000 mg
Vitamin E	0.005 IU
Vitamin E	0.000 alp
Vitamin K	2.750 mcg
Vitamin A	1508.651 IU
Vitamin A	301.627 RE

Water Soluble Vitamins	
Thiamin B1	0.174 mg
Riboflavin B2	0.255 mg
Niacin B3	n/a
Niacin B3	2.060 mg
Pyridoxine B6	0.075 mg
Cobalamin B12	0.020 mcg
Pantothenic Acid	0.712 mg
Vitamin C	16.783 mg
Folic Acid	45.717 mcg

Minerals	
Phosphorus	45.003 mg
Zinc	0.269 mg
Magnesium	6.336 mg
Copper	0.155 mg
Selenium	4.201 mg
Iron	2.214 mg
Calcium	51.338 mg
Manganese	0.043 mg
Iodine	n/a

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

