

# RECIPE ANALYSIS

Recipe Name : G-10  
Serving Size : 2 cups

Recipe Desc : Sweet & Sour Tofu w/ Veg.  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 cups		
Amount Per Serving		
<b>Calories 389.17</b>	<b>Calories from Fat 60.50</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.72 g</b>	<b>10%</b>
Saturated	1.23 g	6%
PolyUnSat	0.77 g	n/a
MonoUnSat	0.73 g	n/a
<b>Cholesterol</b>	<b>53.87 mg</b>	<b>18%</b>
<b>Sodium</b>	<b>488.09 mg</b>	<b>20%</b>
<b>Potassium</b>	<b>503.02 mg</b>	<b>14%</b>
<b>Total Carbs</b>	<b>63.47 g</b>	<b>21%</b>
Dietary Fiber	4.05 g	16%
Sugars	11.10 g	n/a
<b>Protein</b>	<b>19.08 g</b>	
Vitamin A - 184%	Vitamin C - 149%	
Calcium - 20%	Iron - 26%	
Vitamin E - n/a	Thiamin - 47%	
Riboflavin - 20%	Niacin - 26%	
Vitamin B6 - 15%	Folic Acid - 47%	
Vitamin B12 - 4%	Pantothenic Acid - 3%	
Phosphorous - 17%	Magnesium - 14%	
Zinc - 8%	Copper - 13%	
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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.228 alp
Vitamin K	0.068 mcg
Vitamin A	9218.647 IU
Vitamin A	1843.728 RE

Water Soluble Vitamins	
Thiamin B1	0.705 mg
Riboflavin B2	0.335 mg
Niacin B3	n/a
Niacin B3	5.295 mg
Pyridoxine B6	0.292 mg
Cobalamin B12	0.230 mcg
Pantothenic Acid	0.267 mg
Vitamin C	89.445 mg
Folic Acid	189.675 mcg

Minerals	
Phosphorus	171.953 mg
Zinc	1.196 mg
Magnesium	57.790 mg
Copper	0.257 mg
Selenium	n/a
Iron	4.674 mg
Calcium	203.208 mg
Manganese	0.219 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**

