

RECIPE ANALYSIS

Recipe Name : G-27
Serving Size : 1/2c mix & rice

Recipe Desc : Sweet Potato & Broc Stir Fry
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2c mix & rice		
Amount Per Serving		
Calories 199.35	Calories from Fat 40.89	
% Daily Value		
Total Fat	4.54 g	7%
Saturated	0.55 g	3%
PolyUnSat	0.65 g	n/a
MonoUnSat	2.42 g	n/a
Cholesterol	0.00 mg	0%
Sodium	174.00 mg	7%
Potassium	311.30 mg	9%
Total Carbs	37.61 g	13%
Dietary Fiber	4.20 g	17%
Sugars	1.19 g	n/a
Protein	4.94 g	
Vitamin A - 271%	Vitamin C - 97%	
Calcium - 5%	Iron - 8%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 9%	Niacin - 4%	
Vitamin B6 - 11%	Folic Acid - 12%	
Vitamin B12 - 0%	Pantothenic Acid - 6%	
Phosphorous - 5%	Magnesium - 5%	
Zinc - 2%	Copper - 7%	
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	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	74.390 mcg
Vitamin A	13565.217 IU
Vitamin A	1431.877 RE

Water Soluble Vitamins	
Thiamin B1	0.079 mg
Riboflavin B2	0.154 mg
Niacin B3	n/a
Niacin B3	0.756 mg
Pyridoxine B6	0.220 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.588 mg
Vitamin C	57.986 mg
Folic Acid	46.138 mcg

Minerals	
Phosphorus	48.444 mg
Zinc	0.246 mg
Magnesium	19.051 mg
Copper	0.134 mg
Selenium	0.000 mg
Iron	1.466 mg
Calcium	46.525 mg
Manganese	0.337 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.