

RECIPE ANALYSIS

Recipe Name : G-03
Serving Size : 6 oz.

Recipe Desc : Vegetarian Chili Relleno Cass.
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 805.60	Calories from Fat 505.20	
	% Daily Value	
Total Fat	56.13 g	86%
Saturated	30.76 g	154%
PolyUnSat	1.50 g	n/a
MonoUnSat	10.35 g	n/a
Cholesterol	314.46 mg	105%
Sodium	2359.67 mg	98%
Potassium	147.72 mg	4%
Total Carbs	30.84 g	10%
Dietary Fiber	5.67 g	23%
Sugars	10.54 g	n/a
Protein	51.92 g	
Vitamin A - 73%	Vitamin C - 73%	
Calcium - 92%	Iron - 10%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 36%	Niacin - 4%	
Vitamin B6 - 3%	Folic Acid - 9%	
Vitamin B12 - 7%	Pantothenic Acid - 6%	
Phosphorous - 53%	Magnesium - 2%	
Zinc - 3%	Copper - 1%	
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	0.520 mcg
Vitamin D	52.800 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	3658.808 IU
Vitamin A	731.738 RE

Water Soluble Vitamins	
Thiamin B1	0.133 mg
Riboflavin B2	0.604 mg
Niacin B3	n/a
Niacin B3	0.764 mg
Pyridoxine B6	0.061 mg
Cobalamin B12	0.400 mcg
Pantothenic Acid	0.556 mg
Vitamin C	43.862 mg
Folic Acid	38.000 mcg

Minerals	
Phosphorus	529.142 mg
Zinc	0.524 mg
Magnesium	6.640 mg
Copper	0.025 mg
Selenium	12.320 mg
Iron	1.859 mg
Calcium	924.410 mg
Manganese	0.090 mg
Iodine	11.760 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

