

RECIPE ANALYSIS

Recipe Name : DORINDA4
Serving Size : 1 EACH

Recipe Desc : Vegetable Enchiladas
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 410.98	Calories from Fat 144.80	
% Daily Value		
Total Fat	16.09 g	25%
Saturated	5.50 g	28%
PolyUnSat	1.21 g	n/a
MonoUnSat	6.88 g	n/a
Cholesterol	20.98 mg	7%
Sodium	1119.24 mg	47%
Potassium	187.42 mg	5%
Total Carbs	55.40 g	18%
Dietary Fiber	5.41 g	22%
Sugars	14.59 g	n/a
Protein	11.98 g	
Vitamin A - 154%	Vitamin C - 122%	
Calcium - 22%	Iron - 33%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 8%	Niacin - 1%	
Vitamin B6 - 7%	Folic Acid - 10%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 13%	Magnesium - 6%	
Zinc - 2%	Copper - 3%	
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	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	7711.956 IU
Vitamin A	1179.626 RE

Water Soluble Vitamins	
Thiamin B1	0.056 mg
Riboflavin B2	0.137 mg
Niacin B3	n/a
Niacin B3	0.185 mg
Pyridoxine B6	0.144 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.098 mg
Vitamin C	73.172 mg
Folic Acid	38.020 mcg

Minerals	
Phosphorus	130.906 mg
Zinc	0.263 mg
Magnesium	23.578 mg
Copper	0.066 mg
Selenium	0.000 mg
Iron	5.879 mg
Calcium	221.878 mg
Manganese	0.312 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

