

RECIPE ANALYSIS

Recipe Name : G-16
Serving Size : 1skr/1/2 c rice

Recipe Desc : Vegetable Kabob / White Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1skr/1/2 c rice		
Amount Per Serving		
Calories 124.92	Calories from Fat 4.06	
	% Daily Value	
Total Fat	0.45 g	1%
Saturated	0.06 g	0%
PolyUnSat	0.21 g	n/a
MonoUnSat	0.07 g	n/a
Cholesterol	0.00 mg	0%
Sodium	376.95 mg	16%
Potassium	155.64 mg	4%
Total Carbs	28.07 g	9%
Dietary Fiber	1.44 g	6%
Sugars	4.73 g	n/a
Protein	3.18 g	
Vitamin A - 22%	Vitamin C - 84%	
Calcium - 2%	Iron - 6%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 6%	Niacin - 5%	
Vitamin B6 - 7%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 3%	Magnesium - 2%	
Zinc - 1%	Copper - 4%	
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	0.355 mcg
Vitamin D	14.234 IU
Vitamin E	0.000 mg
Vitamin E	1.730 IU
Vitamin E	0.067 alp
Vitamin K	1.427 mcg
Vitamin A	1101.644 IU
Vitamin A	220.329 RE

Water Soluble Vitamins	
Thiamin B1	0.164 mg
Riboflavin B2	0.094 mg
Niacin B3	0.000 NE
Niacin B3	0.916 mg
Pyridoxine B6	0.134 mg
Cobalamin B12	0.008 mcg
Pantothenic Acid	0.317 mg
Vitamin C	50.667 mg
Folic Acid	43.992 mcg

Minerals	
Phosphorus	27.897 mg
Zinc	0.173 mg
Magnesium	7.141 mg
Copper	0.084 mg
Selenium	1.666 mg
Iron	0.996 mg
Calcium	17.990 mg
Manganese	0.074 mg
Iodine	0.000 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



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.