

# RECIPE ANALYSIS

Recipe Name : G-46  
Serving Size : 4 oz

Recipe Desc : Quesadillas  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4 oz		
Amount Per Serving		
<b>Calories 343.26</b>	<b>Calories from Fat 182.77</b>	
% Daily Value		
<b>Total Fat</b>	<b>20.31 g</b>	<b>31%</b>
Saturated	10.14 g	51%
PolyUnSat	1.00 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>60.75 mg</b>	<b>20%</b>
<b>Sodium</b>	<b>761.29 mg</b>	<b>32%</b>
<b>Potassium</b>	<b>40.82 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>23.92 g</b>	<b>8%</b>
Dietary Fiber	0.82 g	3%
Sugars	2.98 g	n/a
<b>Protein</b>	<b>16.84 g</b>	
Vitamin A - 21%	Vitamin C - 53%	
Calcium - 44%	Iron - 9%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 5%	Niacin - 6%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
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	0.000 alp
Vitamin K	0.106 mcg
Vitamin A	1047.210 IU
Vitamin A	209.442 RE

Water Soluble Vitamins	
Thiamin B1	0.134 mg
Riboflavin B2	0.077 mg
Niacin B3	n/a
Niacin B3	1.223 mg
Pyridoxine B6	0.043 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	31.710 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	7.631 mg
Zinc	0.046 mg
Magnesium	2.840 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.534 mg
Calcium	439.592 mg
Manganese	0.037 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

