

# RECIPE ANALYSIS

Recipe Name : G-17  
Serving Size : 3/4cVeg,1/2cRce

Recipe Desc : Veg. Stir Fry / Wht. Rice  
Prep Time :

Author :  
Cook Time :

Yield : 50

| <b>Nutrition Information</b>                            |                                |           |
|---|--------------------------------|-----------|
| Serving Size: 3/4cVeg,1/2cRce                           |                                |           |
| Amount Per Serving                                      |                                |           |
| <b>Calories 168.20</b>                                  | <b>Calories from Fat 41.71</b> |           |
|   | % Daily Value                  |           |
| <b>Total Fat</b>  | <b>4.63 g</b>                  | <b>7%</b> |
| Saturated   | 0.63 g                         | 3%        |
| PolyUnSat   | 0.45 g                         | n/a       |
| MonoUnSat   | 3.20 g                         | n/a       |
| <b>Cholesterol</b>                                      | <b>0.15 mg</b>                 | <b>0%</b> |
| <b>Sodium</b>   | <b>205.60 mg</b>               | <b>9%</b> |
| <b>Potassium</b>  | <b>258.95 mg</b>               | <b>7%</b> |
| <b>Total Carbs</b>                                      | <b>28.15 g</b>                 | <b>9%</b> |
| Dietary Fiber   | 2.10 g                         | 8%        |
| Sugars  | 1.62 g                         | n/a       |
| <b>Protein</b>  | <b>4.45 g</b>                  |           |
| Vitamin A - 93%   | Vitamin C - 105%               |           |
| Calcium - 4%  | Iron - 9%                      |           |
| Vitamin E - n/a   | Thiamin - 12%                  |           |
| Riboflavin - 5%   | Niacin - 5%                    |           |
| Vitamin B6 - 8%   | Folic Acid - 17%               |           |
| Vitamin B12 - 0%  | Pantothenic Acid - 3%          |           |
| Phosphorous - 4%  | Magnesium - 3%                 |           |
| Zinc - 4%   | Copper - 4%                    |           |
| Percent Daily Values are based on a 2,000 calorie diet. |                                |           |
| Calories Per Gram:                                      |                                |           |
| Fat 9 * Carbohydrates 4 * Protein 4                     |                                |           |

| <b>Fat Soluble Vitamins</b> |             |
|-----------------------------|-------------|
| Vitamin D                   | 0.172 mcg   |
| Vitamin D                   | 6.895 IU    |
| Vitamin E                   | 0.002 mg    |
| Vitamin E                   | 0.001 IU    |
| Vitamin E                   | 0.549 alp   |
| Vitamin K                   | 4.272 mcg   |
| Vitamin A                   | 4668.397 IU |
| Vitamin A                   | 852.031 RE  |

| <b>Water Soluble Vitamins</b> |            |
|-------------------------------|------------|
| Thiamin B1                    | 0.174 mg   |
| Riboflavin B2                 | 0.091 mg   |
| Niacin B3                     | n/a        |
| Niacin B3                     | 0.921 mg   |
| Pyridoxine B6                 | 0.164 mg   |
| Cobalamin B12                 | 0.004 mcg  |
| Pantothenic Acid              | 0.329 mg   |
| Vitamin C                     | 62.789 mg  |
| Folic Acid                    | 66.985 mcg |

| <b>Minerals</b> |           |
|-----------------|-----------|
| Phosphorus      | 42.307 mg |
| Zinc            | 0.609 mg  |
| Magnesium       | 13.616 mg |
| Copper          | 0.078 mg  |
| Selenium        | 0.825 mg  |
| Iron            | 1.671 mg  |
| Calcium         | 42.637 mg |
| Manganese       | 0.159 mg  |
| Iodine          | n/a       |

| <b>US Diabetic Exchanges</b> |     |
|------------------------------|-----|
| 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 |

| <b>School Equivalents</b> |     |
|---------------------------|-----|
| Not Available.            |     |
| Meat/Meat Alternative     | n/a |
| Fruits/Vegetables         | n/a |
| Grains/Breads             | n/a |

**Source Of Calories**

