

RECIPE ANALYSIS

Recipe Name : G-13
Serving Size : 1 Taco

Recipe Desc : Vegetarian Taco
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Taco		
Amount Per Serving		
Calories 182.49	Calories from Fat 35.84	
% Daily Value		
Total Fat	3.98 g	6%
Saturated	1.09 g	5%
PolyUnSat	1.05 g	n/a
MonoUnSat	0.52 g	n/a
Cholesterol	5.43 mg	2%
Sodium	489.97 mg	20%
Potassium	6.80 mg	0%
Total Carbs	29.35 g	10%
Dietary Fiber	3.72 g	15%
Sugars	1.88 g	n/a
Protein	8.85 g	
Vitamin A - 15%	Vitamin C - 22%	
Calcium - 10%	Iron - 13%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 4%	Niacin - 6%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	725.304 IU
Vitamin A	145.060 RE

Water Soluble Vitamins	
Thiamin B1	0.120 mg
Riboflavin B2	0.070 mg
Niacin B3	0.000 NE
Niacin B3	1.200 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	13.000 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.314 mg
Calcium	95.930 mg
Manganese	0.000 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

