

NUTRIENT ANALYSIS

Nutrient Analysis

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac	Vit C	Zinc	Folic	Fiber	Cholesterol
		g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	g	mg
Traditional Empanada	1 each	223	21	12	4	8	302	4	2	82 IU	trace	0.1	1	2	1	3	1	27
% of the DRI			7	19	22	16	13	0	11	2	1	3	7	3	7	1	5	9
Empanada, Modified #1	1 each	192	17	8	2	8	241	10	2	214 IU	trace	0.1	1	10	1	7	2	17
% of the DRI			7	13	12	16	10	1	12	4	2	4	7	17	7	2	6	6
Empanada, Modified #2	1 each	192	17	8	2	8	251	10	2	214 IU	trace	0.1	1	10	1	7	2	17
% of the DRI			7	13	12	16	10	1	12	4	3	4	7	17	7	2	6	6

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