

# RECIPE ANALYSIS

Recipe Name : A-1  
Serving Size : 1 pc.

Recipe Desc : Baked Lasagna  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 pc.		
Amount Per Serving		
<b>Calories 290.09</b>	<b>Calories from Fat 162.29</b>	
% Daily Value		
<b>Total Fat</b>	<b>18.03 g</b>	<b>28%</b>
Saturated	8.89 g	44%
PolyUnSat	0.22 g	n/a
MonoUnSat	0.34 g	n/a
<b>Cholesterol</b>	<b>60.87 mg</b>	<b>20%</b>
<b>Sodium</b>	<b>995.84 mg</b>	<b>41%</b>
<b>Potassium</b>	<b>11.44 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>10.92 g</b>	<b>4%</b>
Dietary Fiber	1.83 g	7%
Sugars	5.23 g	n/a
<b>Protein</b>	<b>20.92 g</b>	
Vitamin A - 18%	Vitamin C - 12%	
Calcium - 24%	Iron - 14%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	0.027 mcg
Vitamin A	890.968 IU
Vitamin A	178.183 RE

Water Soluble Vitamins	
Thiamin B1	0.009 mg
Riboflavin B2	0.004 mg
Niacin B3	n/a
Niacin B3	0.046 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	6.907 mg
Folic Acid	1.469 mcg

Minerals	
Phosphorus	2.846 mg
Zinc	0.072 mg
Magnesium	2.337 mg
Copper	0.002 mg
Selenium	0.000 mg
Iron	2.607 mg
Calcium	244.818 mg
Manganese	0.011 mg
Iodine	52.619 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**

