

RECIPE ANALYSIS

Recipe Name : A-47
Serving Size : 6 oz

Recipe Desc : Italian Noodle Bake
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz		
Amount Per Serving		
Calories 220.34	Calories from Fat 126.31	
	% Daily Value	
Total Fat	14.03 g	22%
Saturated	7.04 g	35%
PolyUnSat	0.12 g	n/a
MonoUnSat	0.68 g	n/a
Cholesterol	47.78 mg	16%
Sodium	427.03 mg	18%
Potassium	68.35 mg	2%
Total Carbs	11.56 g	4%
Dietary Fiber	1.15 g	5%
Sugars	4.20 g	n/a
Protein	12.82 g	
Vitamin A - 11%	Vitamin C - 4%	
Calcium - 10%	Iron - 8%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 4%	Niacin - 4%	
Vitamin B6 - 0%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 5%	Magnesium - 0%	
Zinc - 1%	Copper - 1%	
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	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	554.522 IU
Vitamin A	109.954 RE

Water Soluble Vitamins	
Thiamin B1	0.087 mg
Riboflavin B2	0.071 mg
Niacin B3	n/a
Niacin B3	0.755 mg
Pyridoxine B6	0.009 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	2.648 mg
Folic Acid	24.119 mcg

Minerals	
Phosphorus	46.449 mg
Zinc	0.108 mg
Magnesium	0.556 mg
Copper	0.022 mg
Selenium	n/a
Iron	1.463 mg
Calcium	104.888 mg
Manganese	0.004 mg
Iodine	3.920 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

