

# RECIPE ANALYSIS

Recipe Name : A-49  
Serving Size : 1 EACH

Recipe Desc : Mostaciolli  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 181.03</b>	<b>Calories from Fat 33.90</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.77 g</b>	<b>6%</b>
Saturated	1.70 g	9%
PolyUnSat	0.19 g	n/a
MonoUnSat	0.06 g	n/a
<b>Cholesterol</b>	<b>9.10 mg</b>	<b>3%</b>
<b>Sodium</b>	<b>372.32 mg</b>	<b>16%</b>
<b>Potassium</b>	<b>287.35 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>27.42 g</b>	<b>9%</b>
Dietary Fiber	1.62 g	6%
Sugars	1.91 g	n/a
<b>Protein</b>	<b>9.38 g</b>	
Vitamin A - 10%	Vitamin C - 5%	
Calcium - 10%	Iron - 11%	
Vitamin E - n/a	Thiamin - 23%	
Riboflavin - 10%	Niacin - 15%	
Vitamin B6 - 2%	Folic Acid - 20%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 0%	
Zinc - 2%	Copper - 4%	
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	0.034 mcg
Vitamin A	516.412 IU
Vitamin A	103.282 RE

Water Soluble Vitamins	
Thiamin B1	0.343 mg
Riboflavin B2	0.175 mg
Niacin B3	n/a
Niacin B3	3.003 mg
Pyridoxine B6	0.044 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.043 mg
Folic Acid	78.815 mcg

Minerals	
Phosphorus	44.963 mg
Zinc	0.360 mg
Magnesium	1.102 mg
Copper	0.070 mg
Selenium	n/a
Iron	1.956 mg
Calcium	98.060 mg
Manganese	0.012 mg
Iodine	n/a

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**

