

RECIPE ANALYSIS

Recipe Name : A-27
Serving Size : 1 slice

Recipe Desc : Pizza
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 1 slice		
Amount Per Serving		
Calories 641.68	Calories from Fat 178.90	
% Daily Value		
Total Fat	19.88 g	31%
Saturated	7.36 g	37%
PolyUnSat	0.14 g	n/a
MonoUnSat	1.47 g	n/a
Cholesterol	35.88 mg	12%
Sodium	1159.40 mg	48%
Potassium	16.36 mg	0%
Total Carbs	85.68 g	29%
Dietary Fiber	1.33 g	5%
Sugars	1.69 g	n/a
Protein	27.32 g	
Vitamin A - 20%	Vitamin C - 32%	
Calcium - 36%	Iron - 12%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 3%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 8%	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		

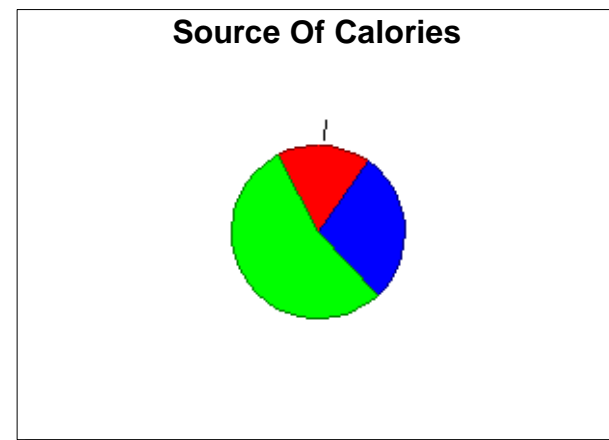
Fat Soluble Vitamins	
Vitamin D	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.029 alp
Vitamin K	n/a
Vitamin A	1004.926 IU
Vitamin A	200.986 RE

Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.056 mg
Niacin B3	n/a
Niacin B3	0.032 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.007 mg
Vitamin C	19.130 mg
Folic Acid	0.028 mcg

Minerals	
Phosphorus	77.718 mg
Zinc	0.005 mg
Magnesium	0.156 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.089 mg
Calcium	355.380 mg
Manganese	0.000 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.