

# RECIPE ANALYSIS

Recipe Name : A-45b  
Serving Size : 1 EACH

Recipe Desc : Spaghetti w/Meat Sauce  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 300.10</b>	<b>Calories from Fat 142.86</b>	
% Daily Value		
<b>Total Fat</b>	<b>15.87 g</b>	<b>24%</b>
Saturated	5.96 g	30%
PolyUnSat	0.42 g	n/a
MonoUnSat	0.53 g	n/a
<b>Cholesterol</b>	<b>48.96 mg</b>	<b>16%</b>
<b>Sodium</b>	<b>1340.62 mg</b>	<b>56%</b>
<b>Potassium</b>	<b>457.93 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>21.48 g</b>	<b>7%</b>
Dietary Fiber	3.38 g	14%
Sugars	5.56 g	n/a
<b>Protein</b>	<b>17.22 g</b>	
Vitamin A - 24%	Vitamin C - 16%	
Calcium - 4%	Iron - 18%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 8%	Niacin - 12%	
Vitamin B6 - 2%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 1%	
Zinc - 2%	Copper - 2%	
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	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.034 mcg
Vitamin A	1224.578 IU
Vitamin A	244.912 RE

Water Soluble Vitamins	
Thiamin B1	0.169 mg
Riboflavin B2	0.137 mg
Niacin B3	0.000 NE
Niacin B3	2.481 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	9.779 mg
Folic Acid	44.740 mcg

Minerals	
Phosphorus	26.720 mg
Zinc	0.346 mg
Magnesium	5.073 mg
Copper	0.040 mg
Selenium	0.000 mg
Iron	3.320 mg
Calcium	37.117 mg
Manganese	0.013 mg
Iodine	143.926 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

