

RECIPE ANALYSIS

Recipe Name : A-45a

Recipe Desc : Spaghetti with Meatballs

Author :

Yield : 50

Serving Size : 2-3mtbals,5z sc

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 2-3mtbals,5z sc		
Amount Per Serving		
Calories 498.64	Calories from Fat 260.54	
% Daily Value		
Total Fat	28.95 g	45%
Saturated	11.31 g	57%
PolyUnSat	0.42 g	n/a
MonoUnSat	0.52 g	n/a
Cholesterol	93.31 mg	31%
Sodium	2572.24 mg	107%
Potassium	28.33 mg	1%
Total Carbs	27.21 g	9%
Dietary Fiber	3.67 g	15%
Sugars	7.04 g	n/a
Protein	31.08 g	
Vitamin A - 18%	Vitamin C - 13%	
Calcium - 7%	Iron - 35%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 4%	Niacin - 6%	
Vitamin B6 - 1%	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	7.500 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	917.794 IU
Vitamin A	183.519 RE

Water Soluble Vitamins	
Thiamin B1	0.166 mg
Riboflavin B2	0.071 mg
Niacin B3	0.000 NE
Niacin B3	1.213 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.004 mg
Vitamin C	7.813 mg
Folic Acid	44.754 mcg

Minerals	
Phosphorus	25.001 mg
Zinc	0.329 mg
Magnesium	4.092 mg
Copper	0.042 mg
Selenium	0.000 mg
Iron	6.274 mg
Calcium	68.223 mg
Manganese	0.009 mg
Iodine	202.058 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

