

# RECIPE ANALYSIS

Recipe Name : F-32  
Serving Size : 1 plate

Recipe Desc : Italian Pasta Salad Plate  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 plate		
Amount Per Serving		
<b>Calories 122.83</b>	<b>Calories from Fat 16.42</b>	
% Daily Value		
<b>Total Fat</b>	<b>1.82 g</b>	<b>3%</b>
Saturated	0.09 g	0%
PolyUnSat	0.25 g	n/a
MonoUnSat	0.17 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>684.11 mg</b>	<b>29%</b>
<b>Potassium</b>	<b>216.39 mg</b>	<b>6%</b>
<b>Total Carbs</b>	<b>23.55 g</b>	<b>8%</b>
Dietary Fiber	2.41 g	10%
Sugars	5.45 g	n/a
<b>Protein</b>	<b>4.10 g</b>	
Vitamin A - 16%	Vitamin C - 12%	
Calcium - 3%	Iron - 10%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 7%	Niacin - 10%	
Vitamin B6 - 4%	Folic Acid - 16%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 5%	Magnesium - 2%	
Zinc - 3%	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	n/a
Vitamin E	n/a
Vitamin E	0.224 alp
Vitamin K	19.754 mcg
Vitamin A	821.836 IU
Vitamin A	164.367 RE

Water Soluble Vitamins	
Thiamin B1	0.273 mg
Riboflavin B2	0.117 mg
Niacin B3	0.084 NE
Niacin B3	1.910 mg
Pyridoxine B6	0.071 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.100 mg
Vitamin C	7.244 mg
Folic Acid	63.140 mcg

Minerals	
Phosphorus	54.529 mg
Zinc	0.444 mg
Magnesium	8.355 mg
Copper	0.084 mg
Selenium	0.105 mg
Iron	1.768 mg
Calcium	30.926 mg
Manganese	0.119 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**

