

RECIPE ANALYSIS

Recipe Name : F-16
Serving Size : 1 EACH

Recipe Desc : Pasta Primavera
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 398.11	Calories from Fat 238.67	
% Daily Value		
Total Fat	26.52 g	41%
Saturated	7.37 g	37%
PolyUnSat	1.52 g	n/a
MonoUnSat	5.45 g	n/a
Cholesterol	71.21 mg	24%
Sodium	1239.49 mg	52%
Potassium	340.12 mg	10%
Total Carbs	22.03 g	7%
Dietary Fiber	2.08 g	8%
Sugars	3.32 g	n/a
Protein	18.84 g	
Vitamin A - 24%	Vitamin C - 31%	
Calcium - 14%	Iron - 15%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 6%	Niacin - 8%	
Vitamin B6 - 3%	Folic Acid - 13%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 10%	Magnesium - 4%	
Zinc - 8%	Copper - 3%	
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	0.165	alp
Vitamin K	22.121	mcg
Vitamin A	1187.076	IU
Vitamin A	237.415	RE

Water Soluble Vitamins		
Thiamin B1	0.231	mg
Riboflavin B2	0.096	mg
Niacin B3	0.102	NE
Niacin B3	1.522	mg
Pyridoxine B6	0.058	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.076	mg
Vitamin C	18.522	mg
Folic Acid	52.543	mcg

Minerals		
Phosphorus	95.325	mg
Zinc	1.177	mg
Magnesium	15.087	mg
Copper	0.059	mg
Selenium	0.127	mg
Iron	2.639	mg
Calcium	138.800	mg
Manganese	0.114	mg
Iodine	0.000	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

