

RECIPE ANALYSIS

Recipe Name : F-22
Serving Size : 1 EACH

Recipe Desc : Tortellini Primavera Salad
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 633.21	Calories from Fat 338.65	
% Daily Value		
Total Fat	37.63 g	58%
Saturated	8.67 g	43%
PolyUnSat	17.95 g	n/a
MonoUnSat	7.05 g	n/a
Cholesterol	55.08 mg	18%
Sodium	882.97 mg	37%
Potassium	508.42 mg	15%
Total Carbs	59.92 g	20%
Dietary Fiber	5.26 g	21%
Sugars	5.87 g	n/a
Protein	19.63 g	
Vitamin A - 307%	Vitamin C - 211%	
Calcium - 42%	Iron - 33%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 6%	Niacin - 6%	
Vitamin B6 - 11%	Folic Acid - 15%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 6%	Magnesium - 6%	
Zinc - 4%	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	0.000 alp
Vitamin K	32.812 mcg
Vitamin A	15372.810 IU
Vitamin A	1900.621 RE

Water Soluble Vitamins	
Thiamin B1	0.082 mg
Riboflavin B2	0.110 mg
Niacin B3	n/a
Niacin B3	1.114 mg
Pyridoxine B6	0.221 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.417 mg
Vitamin C	126.339 mg
Folic Acid	60.226 mcg

Minerals	
Phosphorus	60.889 mg
Zinc	0.653 mg
Magnesium	24.299 mg
Copper	0.082 mg
Selenium	0.105 mg
Iron	5.953 mg
Calcium	415.389 mg
Manganese	0.430 mg
Iodine	16.333 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



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.