

# RECIPE ANALYSIS

Recipe Name : ED6  
Serving Size : 1 EACH

Recipe Desc : Angel Hair Fritata w/ Veg.  
Prep Time :

Author :  
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 90.42</b>	<b>Calories from Fat 34.64</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.85 g</b>	<b>6%</b>
Saturated	1.43 g	7%
PolyUnSat	0.36 g	n/a
MonoUnSat	0.93 g	n/a
<b>Cholesterol</b>	<b>106.81 mg</b>	<b>36%</b>
<b>Sodium</b>	<b>104.38 mg</b>	<b>4%</b>
<b>Potassium</b>	<b>256.19 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>8.68 g</b>	<b>3%</b>
Dietary Fiber	1.25 g	5%
Sugars	0.71 g	n/a
<b>Protein</b>	<b>6.28 g</b>	
Vitamin A - 28%	Vitamin C - 82%	
Calcium - 8%	Iron - 8%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 11%	Niacin - 4%	
Vitamin B6 - 7%	Folic Acid - 7%	
Vitamin B12 - 4%	Pantothenic Acid - 5%	
Phosphorous - 7%	Magnesium - 5%	
Zinc - 5%	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	0.484 mcg
Vitamin D	19.375 IU
Vitamin E	0.000 mg
Vitamin E	0.001 IU
Vitamin E	0.000 alp
Vitamin K	0.026 mcg
Vitamin A	1400.766 IU
Vitamin A	259.994 RE

Water Soluble Vitamins	
Thiamin B1	0.083 mg
Riboflavin B2	0.182 mg
Niacin B3	n/a
Niacin B3	0.727 mg
Pyridoxine B6	0.150 mg
Cobalamin B12	0.244 mcg
Pantothenic Acid	0.504 mg
Vitamin C	48.964 mg
Folic Acid	28.278 mcg

Minerals	
Phosphorus	73.813 mg
Zinc	0.811 mg
Magnesium	19.074 mg
Copper	0.086 mg
Selenium	8.196 mg
Iron	1.424 mg
Calcium	84.119 mg
Manganese	0.116 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**



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.