

# RECIPE ANALYSIS

Recipe Name : K-20  
Serving Size : 1/24th of pan

Recipe Desc : Broccoli Quiche  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1/24th of pan		
Amount Per Serving		
<b>Calories 59.47</b>	<b>Calories from Fat 0.36</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.04 g</b>	<b>0%</b>
Saturated	0.01 g	0%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>1.67 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>188.36 mg</b>	<b>8%</b>
<b>Potassium</b>	<b>59.53 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>6.77 g</b>	<b>2%</b>
Dietary Fiber	0.40 g	2%
Sugars	4.00 g	n/a
<b>Protein</b>	<b>8.03 g</b>	
Vitamin A - 26%	Vitamin C - 23%	
Calcium - 13%	Iron - 5%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 35%	Niacin - 1%	
Vitamin B6 - 5%	Folic Acid - 15%	
Vitamin B12 - 13%	Pantothenic Acid - 8%	
Phosphorous - 2%	Magnesium - 2%	
Zinc - 3%	Copper - 1%	
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	0.667 mcg
Vitamin D	60.000 IU
Vitamin E	n/a
Vitamin E	0.800 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	1292.463 IU
Vitamin A	195.848 RE

Water Soluble Vitamins	
Thiamin B1	0.118 mg
Riboflavin B2	0.592 mg
Niacin B3	n/a
Niacin B3	0.151 mg
Pyridoxine B6	0.096 mg
Cobalamin B12	0.800 mcg
Pantothenic Acid	0.757 mg
Vitamin C	14.063 mg
Folic Acid	58.655 mcg

Minerals	
Phosphorus	18.191 mg
Zinc	0.501 mg
Magnesium	6.615 mg
Copper	0.014 mg
Selenium	n/a
Iron	0.924 mg
Calcium	130.302 mg
Manganese	0.108 mg
Iodine	6.125 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**

