

RECIPE ANALYSIS

Recipe Name : K-15
Serving Size : 1 EACH

Recipe Desc : Quiche Lorraine
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 399.51	Calories from Fat 251.28	
% Daily Value		
Total Fat	27.92 g	43%
Saturated	12.53 g	63%
PolyUnSat	8.52 g	n/a
MonoUnSat	30.08 g	n/a
Cholesterol	52.87 mg	18%
Sodium	719.98 mg	30%
Potassium	0.00 mg	0%
Total Carbs	17.78 g	6%
Dietary Fiber	0.61 g	2%
Sugars	3.52 g	n/a
Protein	19.86 g	
Vitamin A - 10%	Vitamin C - 1%	
Calcium - 44%	Iron - 5%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	16.667	IU
Vitamin E	0.000	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	0.000	mcg
Vitamin A	516.675	IU
Vitamin A	103.335	RE

Water Soluble Vitamins		
Thiamin B1	0.000	mg
Riboflavin B2	0.000	mg
Niacin B3	0.000	NE
Niacin B3	0.000	mg
Pyridoxine B6	0.000	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	0.400	mg
Folic Acid	0.000	mcg

Minerals		
Phosphorus	0.000	mg
Zinc	0.002	mg
Magnesium	0.062	mg
Copper	0.000	mg
Selenium	0.000	mg
Iron	0.911	mg
Calcium	443.726	mg
Manganese	0.000	mg
Iodine	18.375	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.