

RECIPE ANALYSIS

Recipe Name : B-28
Serving Size : 1 cup

Recipe Desc : Italian Rotini Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 368.33	Calories from Fat 80.17	
% Daily Value		
Total Fat	8.91 g	14%
Saturated	4.05 g	20%
PolyUnSat	0.42 g	n/a
MonoUnSat	0.11 g	n/a
Cholesterol	21.93 mg	7%
Sodium	336.45 mg	14%
Potassium	124.37 mg	4%
Total Carbs	53.83 g	18%
Dietary Fiber	4.89 g	20%
Sugars	9.67 g	n/a
Protein	17.36 g	
Vitamin A - 56%	Vitamin C - 52%	
Calcium - 18%	Iron - 24%	
Vitamin E - n/a	Thiamin - 45%	
Riboflavin - 17%	Niacin - 24%	
Vitamin B6 - 3%	Folic Acid - 41%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 11%	Magnesium - 0%	
Zinc - 5%	Copper - 7%	
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	n/a
Vitamin A	2808.233 IU
Vitamin A	561.645 RE

Water Soluble Vitamins	
Thiamin B1	0.674 mg
Riboflavin B2	0.282 mg
Niacin B3	n/a
Niacin B3	4.803 mg
Pyridoxine B6	0.062 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.059 mg
Vitamin C	31.035 mg
Folic Acid	163.935 mcg

Minerals	
Phosphorus	105.013 mg
Zinc	0.718 mg
Magnesium	1.947 mg
Copper	0.146 mg
Selenium	0.000 mg
Iron	4.294 mg
Calcium	180.085 mg
Manganese	0.000 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

