

RECIPE ANALYSIS

Recipe Name : B-19
Serving Size : 1/24th of pan

Recipe Desc : Pasta Napoli
Prep Time :

Author :
Cook Time :

Yield : 72

Nutrition Information		
Serving Size: 1/24th of pan		
Amount Per Serving		
Calories 241.69	Calories from Fat 66.82	
% Daily Value		
Total Fat	7.42 g	11%
Saturated	3.41 g	17%
PolyUnSat	0.59 g	n/a
MonoUnSat	1.18 g	n/a
Cholesterol	61.27 mg	20%
Sodium	494.23 mg	21%
Potassium	81.16 mg	2%
Total Carbs	27.33 g	9%
Dietary Fiber	0.81 g	3%
Sugars	3.92 g	n/a
Protein	15.30 g	
Vitamin A - 5%	Vitamin C - 1%	
Calcium - 14%	Iron - 10%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 10%	Niacin - 12%	
Vitamin B6 - 2%	Folic Acid - 20%	
Vitamin B12 - 2%	Pantothenic Acid - 0%	
Phosphorous - 10%	Magnesium - 4%	
Zinc - 3%	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	0.000 mcg
Vitamin D	13.194 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.015 mcg
Vitamin A	232.803 IU
Vitamin A	46.547 RE

Water Soluble Vitamins	
Thiamin B1	0.312 mg
Riboflavin B2	0.170 mg
Niacin B3	0.000 NE
Niacin B3	2.346 mg
Pyridoxine B6	0.044 mg
Cobalamin B12	0.115 mcg
Pantothenic Acid	0.001 mg
Vitamin C	0.719 mg
Folic Acid	80.472 mcg

Minerals	
Phosphorus	99.934 mg
Zinc	0.464 mg
Magnesium	17.458 mg
Copper	0.086 mg
Selenium	0.000 mg
Iron	1.749 mg
Calcium	138.017 mg
Manganese	0.009 mg
Iodine	0.000 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

