

# RECIPE ANALYSIS

Recipe Name : B-04  
Serving Size : 1 cup

Recipe Desc : Penne w/ Ham & Asparagus  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
<b>Calories 307.69</b>	<b>Calories from Fat 98.62</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.96 g</b>	<b>17%</b>
Saturated	4.70 g	24%
PolyUnSat	0.26 g	n/a
MonoUnSat	2.12 g	n/a
<b>Cholesterol</b>	<b>37.95 mg</b>	<b>13%</b>
<b>Sodium</b>	<b>1102.00 mg</b>	<b>46%</b>
<b>Potassium</b>	<b>19.41 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>36.34 g</b>	<b>12%</b>
Dietary Fiber	3.39 g	14%
Sugars	4.48 g	n/a
<b>Protein</b>	<b>16.90 g</b>	
Vitamin A - 16%	Vitamin C - 27%	
Calcium - 23%	Iron - 11%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 3%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 7%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	809.647 IU
Vitamin A	174.004 RE

Water Soluble Vitamins	
Thiamin B1	0.007 mg
Riboflavin B2	0.054 mg
Niacin B3	n/a
Niacin B3	0.024 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.017 mcg
Pantothenic Acid	0.025 mg
Vitamin C	16.327 mg
Folic Acid	0.356 mcg

Minerals	
Phosphorus	73.265 mg
Zinc	0.023 mg
Magnesium	0.701 mg
Copper	0.001 mg
Selenium	0.000 mg
Iron	1.972 mg
Calcium	226.917 mg
Manganese	0.002 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

