

RECIPE ANALYSIS

Recipe Name : B-02
Serving Size : 2 cups

Recipe Desc : Penne w/Rst. Veg. & Sausage
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 2 cups		
Amount Per Serving		
Calories 368.18	Calories from Fat 149.69	
	% Daily Value	
Total Fat	16.63 g	26%
Saturated	5.04 g	25%
PolyUnSat	0.89 g	n/a
MonoUnSat	3.40 g	n/a
Cholesterol	36.69 mg	12%
Sodium	1119.80 mg	47%
Potassium	52.59 mg	2%
Total Carbs	36.06 g	12%
Dietary Fiber	3.34 g	13%
Sugars	8.16 g	n/a
Protein	15.83 g	
Vitamin A - 44%	Vitamin C - 72%	
Calcium - 11%	Iron - 22%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 8%	Niacin - 12%	
Vitamin B6 - 2%	Folic Acid - 23%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 5%	Magnesium - 0%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	2195.318 IU
Vitamin A	439.032 RE

Water Soluble Vitamins	
Thiamin B1	0.332 mg
Riboflavin B2	0.143 mg
Niacin B3	n/a
Niacin B3	2.439 mg
Pyridoxine B6	0.034 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	43.385 mg
Folic Acid	90.249 mcg

Minerals	
Phosphorus	48.694 mg
Zinc	0.395 mg
Magnesium	0.223 mg
Copper	0.080 mg
Selenium	0.000 mg
Iron	3.983 mg
Calcium	108.495 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

Source Of Calories

