

RECIPE ANALYSIS

Recipe Name : B-15
Serving Size : 8 OZ

Recipe Desc : Penne w/Gr. Port., Spin, Prosc
Prep Time :

Author :
Cook Time :

Yield : 33

Nutrition Information		
Serving Size: 8 oz		
Amount Per Serving		
Calories 353.39	Calories from Fat 218.74	
% Daily Value		
Total Fat	24.30 g	37%
Saturated	12.35 g	62%
PolyUnSat	0.61 g	n/a
MonoUnSat	3.11 g	n/a
Cholesterol	54.56 mg	18%
Sodium	644.43 mg	27%
Potassium	337.56 mg	10%
Total Carbs	22.39 g	7%
Dietary Fiber	3.63 g	15%
Sugars	8.33 g	n/a
Protein	8.35 g	
Vitamin A - 34%	Vitamin C - 9%	
Calcium - 22%	Iron - 9%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 8%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 3%	
Zinc - 1%	Copper - 1%	
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	1685.719 IU
Vitamin A	232.914 RE

Water Soluble Vitamins	
Thiamin B1	0.014 mg
Riboflavin B2	0.031 mg
Niacin B3	n/a
Niacin B3	0.133 mg
Pyridoxine B6	0.027 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.015 mg
Vitamin C	5.173 mg
Folic Acid	32.598 mcg

Minerals	
Phosphorus	15.126 mg
Zinc	0.099 mg
Magnesium	12.975 mg
Copper	0.025 mg
Selenium	0.000 mg
Iron	1.610 mg
Calcium	223.817 mg
Manganese	0.144 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

