

RECIPE ANALYSIS

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

Recipe Desc : Buffalo Chicken Lasagna
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1/24th of pan		
Amount Per Serving		
Calories 670.03	Calories from Fat 196.29	
% Daily Value		
Total Fat	21.81 g	34%
Saturated	9.60 g	48%
PolyUnSat	2.86 g	n/a
MonoUnSat	4.25 g	n/a
Cholesterol	205.89 mg	69%
Sodium	2286.38 mg	95%
Potassium	1279.41 mg	37%
Total Carbs	79.45 g	26%
Dietary Fiber	6.42 g	26%
Sugars	15.10 g	n/a
Protein	38.85 g	
Vitamin A - 13%	Vitamin C - 0%	
Calcium - 26%	Iron - 17%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 13%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 3%	
Vitamin B12 - 4%	Pantothenic Acid - 3%	
Phosphorous - 14%	Magnesium - 1%	
Zinc - 2%	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	0.325 mcg
Vitamin D	13.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	666.185 IU
Vitamin A	133.231 RE

Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.222 mg
Niacin B3	n/a
Niacin B3	0.253 mg
Pyridoxine B6	0.035 mg
Cobalamin B12	0.250 mcg
Pantothenic Acid	0.315 mg
Vitamin C	0.149 mg
Folic Acid	11.750 mcg

Minerals	
Phosphorus	144.956 mg
Zinc	0.275 mg
Magnesium	2.500 mg
Copper	0.005 mg
Selenium	7.700 mg
Iron	3.003 mg
Calcium	255.774 mg
Manganese	0.005 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

