

RECIPE ANALYSIS

Recipe Name : C-71
Serving Size : 1/24th of pan

Recipe Desc : Chicken & Spinach Lasagna
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1/24th of pan		
Amount Per Serving		
Calories 376.82	Calories from Fat 130.46	
% Daily Value		
Total Fat	14.50 g	22%
Saturated	5.25 g	26%
PolyUnSat	1.26 g	n/a
MonoUnSat	0.71 g	n/a
Cholesterol	100.93 mg	34%
Sodium	963.08 mg	40%
Potassium	765.64 mg	22%
Total Carbs	22.18 g	7%
Dietary Fiber	2.87 g	11%
Sugars	7.34 g	n/a
Protein	38.50 g	
Vitamin A - 22%	Vitamin C - 2%	
Calcium - 28%	Iron - 6%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 7%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 1%	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	0.061	mcg
Vitamin D	2.457	IU
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	n/a	
Vitamin A	1105.787	IU
Vitamin A	220.165	RE

Water Soluble Vitamins		
Thiamin B1	0.004	mg
Riboflavin B2	0.114	mg
Niacin B3	n/a	
Niacin B3	0.017	mg
Pyridoxine B6	0.007	mg
Cobalamin B12	0.047	mcg
Pantothenic Acid	0.062	mg
Vitamin C	1.189	mg
Folic Acid	3.887	mcg

Minerals		
Phosphorus	9.374	mg
Zinc	0.062	mg
Magnesium	0.993	mg
Copper	0.003	mg
Selenium	1.455	mg
Iron	1.041	mg
Calcium	275.332	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

