

# RECIPE ANALYSIS

Recipe Name : C-65  
Serving Size : 1.5 cups

Recipe Desc : Pasta w/ Chicken & Broccoli  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1.5 cups		
Amount Per Serving		
<b>Calories 461.84</b>	<b>Calories from Fat 75.52</b>	
% Daily Value		
<b>Total Fat</b>	<b>8.39 g</b>	<b>13%</b>
Saturated	2.42 g	12%
PolyUnSat	1.23 g	n/a
MonoUnSat	2.99 g	n/a
<b>Cholesterol</b>	<b>70.10 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>173.15 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>439.43 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>59.94 g</b>	<b>20%</b>
Dietary Fiber	1.48 g	6%
Sugars	2.49 g	n/a
<b>Protein</b>	<b>37.09 g</b>	
Vitamin A - 27%	Vitamin C - 63%	
Calcium - 12%	Iron - 37%	
Vitamin E - n/a	Thiamin - 51%	
Riboflavin - 27%	Niacin - 28%	
Vitamin B6 - 8%	Folic Acid - 10%	
Vitamin B12 - 0%	Pantothenic Acid - 7%	
Phosphorous - 12%	Magnesium - 12%	
Zinc - 5%	Copper - 9%	
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	10.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	74.390 mcg
Vitamin A	1368.507 IU
Vitamin A	207.518 RE

Water Soluble Vitamins	
Thiamin B1	0.768 mg
Riboflavin B2	0.458 mg
Niacin B3	n/a
Niacin B3	5.698 mg
Pyridoxine B6	0.169 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.746 mg
Vitamin C	37.581 mg
Folic Acid	39.844 mcg

Minerals	
Phosphorus	117.116 mg
Zinc	0.681 mg
Magnesium	49.520 mg
Copper	0.177 mg
Selenium	0.000 mg
Iron	6.714 mg
Calcium	121.783 mg
Manganese	0.389 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**

