

RECIPE ANALYSIS

Recipe Name : C-10
Serving Size : 1 cup

Recipe Desc : Rsmly Chix & Mushroom Linguini Author :
Prep Time : Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 452.42	Calories from Fat 85.13	
% Daily Value		
Total Fat	9.46 g	15%
Saturated	1.98 g	10%
PolyUnSat	1.76 g	n/a
MonoUnSat	5.12 g	n/a
Cholesterol	51.86 mg	17%
Sodium	162.65 mg	7%
Potassium	219.85 mg	6%
Total Carbs	59.46 g	20%
Dietary Fiber	3.97 g	16%
Sugars	6.10 g	n/a
Protein	29.82 g	
Vitamin A - 24%	Vitamin C - 4%	
Calcium - 5%	Iron - 19%	
Vitamin E - n/a	Thiamin - 51%	
Riboflavin - 26%	Niacin - 32%	
Vitamin B6 - 8%	Folic Acid - 49%	
Vitamin B12 - 0%	Pantothenic Acid - 5%	
Phosphorous - 14%	Magnesium - 1%	
Zinc - 7%	Copper - 14%	
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	0.555 mcg
Vitamin D	22.241 IU
Vitamin E	n/a
Vitamin E	0.003 IU
Vitamin E	n/a
Vitamin K	0.030 mcg
Vitamin A	1180.047 IU
Vitamin A	234.790 RE

Water Soluble Vitamins	
Thiamin B1	0.764 mg
Riboflavin B2	0.434 mg
Niacin B3	n/a
Niacin B3	6.402 mg
Pyridoxine B6	0.156 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.469 mg
Vitamin C	2.633 mg
Folic Acid	197.144 mcg

Minerals	
Phosphorus	135.297 mg
Zinc	1.035 mg
Magnesium	4.007 mg
Copper	0.281 mg
Selenium	2.603 mg
Iron	3.486 mg
Calcium	52.218 mg
Manganese	0.071 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

