

RECIPE ANALYSIS

Recipe Name : I-116
Serving Size : 4 ounces

Recipe Desc : Basic Pasta Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4 ounces		
Amount Per Serving		
Calories 239.74	Calories from Fat 111.34	
% Daily Value		
Total Fat	12.37 g	19%
Saturated	2.21 g	11%
PolyUnSat	0.59 g	n/a
MonoUnSat	0.18 g	n/a
Cholesterol	0.00 mg	0%
Sodium	1005.92 mg	42%
Potassium	111.30 mg	3%
Total Carbs	26.69 g	9%
Dietary Fiber	1.40 g	6%
Sugars	3.90 g	n/a
Protein	4.31 g	
Vitamin A - 14%	Vitamin C - 28%	
Calcium - 2%	Iron - 10%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 9%	Niacin - 12%	
Vitamin B6 - 3%	Folic Acid - 24%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 5%	Magnesium - 1%	
Zinc - 3%	Copper - 4%	
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	699.211 IU
Vitamin A	119.362 RE

Water Soluble Vitamins	
Thiamin B1	0.333 mg
Riboflavin B2	0.152 mg
Niacin B3	n/a
Niacin B3	2.465 mg
Pyridoxine B6	0.057 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.045 mg
Vitamin C	16.508 mg
Folic Acid	96.714 mcg

Minerals	
Phosphorus	54.613 mg
Zinc	0.429 mg
Magnesium	2.759 mg
Copper	0.084 mg
Selenium	n/a
Iron	1.736 mg
Calcium	23.814 mg
Manganese	0.026 mg
Iodine	75.772 mcg

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

