

RECIPE ANALYSIS

Recipe Name : E-51b
Serving Size : 1 calzone

Recipe Desc : Calzone, vegetarian
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 calzone		
Amount Per Serving		
Calories 505.78	Calories from Fat 124.61	
% Daily Value		
Total Fat	13.85 g	21%
Saturated	5.94 g	30%
PolyUnSat	1.88 g	n/a
MonoUnSat	3.23 g	n/a
Cholesterol	31.70 mg	11%
Sodium	1164.15 mg	49%
Potassium	638.45 mg	18%
Total Carbs	73.08 g	24%
Dietary Fiber	4.22 g	17%
Sugars	3.88 g	n/a
Protein	25.18 g	
Vitamin A - 30%	Vitamin C - 73%	
Calcium - 35%	Iron - 28%	
Vitamin E - n/a	Thiamin - 48%	
Riboflavin - 39%	Niacin - 35%	
Vitamin B6 - 4%	Folic Acid - 36%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 34%	Magnesium - 8%	
Zinc - 5%	Copper - 10%	
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	0.368	mcg
Vitamin D	14.754	IU
Vitamin E	0.000	mg
Vitamin E	0.002	IU
Vitamin E	0.000	alp
Vitamin K	46.582	mcg
Vitamin A	1519.714	IU
Vitamin A	303.945	RE

Water Soluble Vitamins		
Thiamin B1	0.715	mg
Riboflavin B2	0.663	mg
Niacin B3	n/a	
Niacin B3	6.918	mg
Pyridoxine B6	0.086	mg
Cobalamin B12	0.018	mcg
Pantothenic Acid	0.420	mg
Vitamin C	43.617	mg
Folic Acid	143.513	mcg

Minerals		
Phosphorus	340.546	mg
Zinc	0.816	mg
Magnesium	30.660	mg
Copper	0.200	mg
Selenium	1.974	mg
Iron	5.004	mg
Calcium	349.603	mg
Manganese	0.084	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

