

# RECIPE ANALYSIS

Recipe Name : E-43  
Serving Size : 1 bagel

Recipe Desc : Vegetarian Pizza Bagel  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 bagel		
Amount Per Serving		
<b>Calories 317.50</b>	<b>Calories from Fat 45.06</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.01 g</b>	<b>8%</b>
Saturated	1.88 g	9%
PolyUnSat	0.66 g	n/a
MonoUnSat	1.06 g	n/a
<b>Cholesterol</b>	<b>8.99 mg</b>	<b>3%</b>
<b>Sodium</b>	<b>692.23 mg</b>	<b>29%</b>
<b>Potassium</b>	<b>261.01 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>58.35 g</b>	<b>19%</b>
Dietary Fiber	3.25 g	13%
Sugars	3.79 g	n/a
<b>Protein</b>	<b>13.82 g</b>	
Vitamin A - 5%	Vitamin C - 8%	
Calcium - 19%	Iron - 21%	
Vitamin E - n/a	Thiamin - 37%	
Riboflavin - 29%	Niacin - 28%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 11%	Magnesium - 1%	
Zinc - 7%	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	0.540 mcg
Vitamin D	21.580 IU
Vitamin E	0.000 mg
Vitamin E	0.004 IU
Vitamin E	0.000 alp
Vitamin K	0.028 mcg
Vitamin A	246.063 IU
Vitamin A	49.214 RE

Water Soluble Vitamins	
Thiamin B1	0.560 mg
Riboflavin B2	0.489 mg
Niacin B3	0.000 NE
Niacin B3	5.678 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.430 mg
Vitamin C	4.767 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	106.612 mg
Zinc	1.095 mg
Magnesium	2.556 mg
Copper	0.089 mg
Selenium	2.515 mg
Iron	3.815 mg
Calcium	191.694 mg
Manganese	0.012 mg
Iodine	0.000 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**



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.