

RECIPE ANALYSIS

Recipe Name : D-05
Serving Size : 1 cup

Recipe Desc : Cajun Shrimp & Tomato Pasta
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 330.87	Calories from Fat 33.92	
% Daily Value		
Total Fat	3.77 g	6%
Saturated	0.40 g	2%
PolyUnSat	0.65 g	n/a
MonoUnSat	1.36 g	n/a
Cholesterol	85.00 mg	28%
Sodium	311.24 mg	13%
Potassium	101.65 mg	3%
Total Carbs	50.45 g	17%
Dietary Fiber	2.69 g	11%
Sugars	3.50 g	n/a
Protein	19.48 g	
Vitamin A - 18%	Vitamin C - 19%	
Calcium - 5%	Iron - 19%	
Vitamin E - n/a	Thiamin - 39%	
Riboflavin - 15%	Niacin - 21%	
Vitamin B6 - 4%	Folic Acid - 40%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 9%	Magnesium - 0%	
Zinc - 5%	Copper - 7%	
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	0.000 alp
Vitamin K	n/a
Vitamin A	923.522 IU
Vitamin A	162.579 RE

Water Soluble Vitamins	
Thiamin B1	0.586 mg
Riboflavin B2	0.250 mg
Niacin B3	n/a
Niacin B3	4.211 mg
Pyridoxine B6	0.081 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.013 mg
Vitamin C	11.124 mg
Folic Acid	158.271 mcg

Minerals	
Phosphorus	86.870 mg
Zinc	0.699 mg
Magnesium	1.057 mg
Copper	0.146 mg
Selenium	0.000 mg
Iron	3.460 mg
Calcium	47.526 mg
Manganese	0.025 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

