

RECIPE ANALYSIS

Recipe Name : D-23
Serving Size : 5 oz.

Recipe Desc : Seafood Fettuccini
Prep Time :

Author :
Cook Time :

Yield : 300

Nutrition Information		
Serving Size: 5 oz.		
Amount Per Serving		
Calories 268.23	Calories from Fat 135.16	
% Daily Value		
Total Fat	15.02 g	23%
Saturated	7.76 g	39%
PolyUnSat	0.19 g	n/a
MonoUnSat	0.06 g	n/a
Cholesterol	50.41 mg	17%
Sodium	746.61 mg	31%
Potassium	71.24 mg	2%
Total Carbs	21.77 g	7%
Dietary Fiber	0.84 g	3%
Sugars	2.22 g	n/a
Protein	11.47 g	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 19%	Iron - 6%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 8%	Niacin - 8%	
Vitamin B6 - 1%	Folic Acid - 14%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 7%	Magnesium - 1%	
Zinc - 2%	Copper - 2%	
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	172.673 IU
Vitamin A	34.534 RE

Water Soluble Vitamins	
Thiamin B1	0.210 mg
Riboflavin B2	0.131 mg
Niacin B3	n/a
Niacin B3	1.558 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	0.023 mg
Folic Acid	54.645 mcg

Minerals	
Phosphorus	69.694 mg
Zinc	0.336 mg
Magnesium	3.147 mg
Copper	0.049 mg
Selenium	n/a
Iron	1.016 mg
Calcium	189.147 mg
Manganese	0.000 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

