

RECIPE ANALYSIS

Recipe Name : D-13
Serving Size : 1 EACH

Recipe Desc : Tuna Noodle Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 221.41	Calories from Fat 58.08	
% Daily Value		
Total Fat	6.45 g	10%
Saturated	2.08 g	10%
PolyUnSat	1.31 g	n/a
MonoUnSat	0.35 g	n/a
Cholesterol	60.18 mg	20%
Sodium	811.48 mg	34%
Potassium	125.31 mg	4%
Total Carbs	24.14 g	8%
Dietary Fiber	1.06 g	4%
Sugars	1.99 g	n/a
Protein	16.28 g	
Vitamin A - 7%	Vitamin C - 2%	
Calcium - 4%	Iron - 8%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 9%	Niacin - 12%	
Vitamin B6 - 3%	Folic Acid - 21%	
Vitamin B12 - 2%	Pantothenic Acid - 0%	
Phosphorous - 7%	Magnesium - 5%	
Zinc - 3%	Copper - 5%	
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	1.078 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	4.039 mcg
Vitamin A	325.035 IU
Vitamin A	65.002 RE

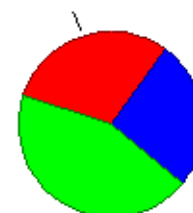
Water Soluble Vitamins	
Thiamin B1	0.319 mg
Riboflavin B2	0.155 mg
Niacin B3	n/a
Niacin B3	2.418 mg
Pyridoxine B6	0.062 mg
Cobalamin B12	0.110 mcg
Pantothenic Acid	0.015 mg
Vitamin C	1.297 mg
Folic Acid	85.956 mcg

Minerals	
Phosphorus	68.808 mg
Zinc	0.500 mg
Magnesium	19.921 mg
Copper	0.092 mg
Selenium	0.054 mg
Iron	1.448 mg
Calcium	41.372 mg
Manganese	0.055 mg
Iodine	35.280 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.