

# RECIPE ANALYSIS

Recipe Name : H-09  
Serving Size : 1 cup

Recipe Desc : Vegetarian Pasta Fagioli  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
<b>Calories 113.74</b>	<b>Calories from Fat 20.95</b>	
% Daily Value		
<b>Total Fat</b>	<b>2.33 g</b>	<b>4%</b>
Saturated	0.25 g	1%
PolyUnSat	0.78 g	n/a
MonoUnSat	0.26 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>863.15 mg</b>	<b>36%</b>
<b>Potassium</b>	<b>143.08 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>19.65 g</b>	<b>7%</b>
Dietary Fiber	4.46 g	18%
Sugars	3.94 g	n/a
<b>Protein</b>	<b>4.36 g</b>	
Vitamin A - 17%	Vitamin C - 6%	
Calcium - 5%	Iron - 8%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 2%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
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	0.749 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.840 mcg
Vitamin A	839.827 IU
Vitamin A	164.576 RE

Water Soluble Vitamins	
Thiamin B1	0.064 mg
Riboflavin B2	0.038 mg
Niacin B3	n/a
Niacin B3	0.357 mg
Pyridoxine B6	0.040 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	3.493 mg
Folic Acid	11.676 mcg

Minerals	
Phosphorus	12.628 mg
Zinc	0.103 mg
Magnesium	3.863 mg
Copper	0.014 mg
Selenium	0.037 mg
Iron	1.457 mg
Calcium	49.317 mg
Manganese	0.054 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**

