

RECIPE ANALYSIS

Recipe Name : G-65
Serving Size : 1 Cup

Recipe Desc : Baked Ziti
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Cup		
Amount Per Serving		
Calories 310.68	Calories from Fat 176.67	
	% Daily Value	
Total Fat	19.63 g	30%
Saturated	7.23 g	36%
PolyUnSat	0.11 g	n/a
MonoUnSat	0.03 g	n/a
Cholesterol	30.94 mg	10%
Sodium	1034.73 mg	43%
Potassium	125.46 mg	4%
Total Carbs	23.49 g	8%
Dietary Fiber	0.64 g	3%
Sugars	0.89 g	n/a
Protein	10.83 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 18%	Iron - 4%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 4%	Niacin - 6%	
Vitamin B6 - 1%	Folic Acid - 12%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 2%	Magnesium - 0%	
Zinc - 1%	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	7.205 IU
Vitamin A	1.440 RE

Water Soluble Vitamins	
Thiamin B1	0.170 mg
Riboflavin B2	0.073 mg
Niacin B3	n/a
Niacin B3	1.248 mg
Pyridoxine B6	0.018 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	0.043 mg
Folic Acid	46.171 mcg

Minerals	
Phosphorus	24.912 mg
Zinc	0.202 mg
Magnesium	0.114 mg
Copper	0.041 mg
Selenium	0.000 mg
Iron	0.723 mg
Calcium	175.174 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

