

RECIPE ANALYSIS

Recipe Name : G-36
Serving Size : 2 halves

Recipe Desc : Black Bean Bruschetta
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 halves		
Amount Per Serving		
Calories 267.10	Calories from Fat 74.99	
	% Daily Value	
Total Fat	8.33 g	13%
Saturated	3.65 g	18%
PolyUnSat	0.47 g	n/a
MonoUnSat	3.01 g	n/a
Cholesterol	14.17 mg	5%
Sodium	559.92 mg	23%
Potassium	169.19 mg	5%
Total Carbs	36.78 g	12%
Dietary Fiber	3.94 g	16%
Sugars	3.37 g	n/a
Protein	11.73 g	
Vitamin A - 14%	Vitamin C - 26%	
Calcium - 23%	Iron - 18%	
Vitamin E - n/a	Thiamin - 23%	
Riboflavin - 14%	Niacin - 13%	
Vitamin B6 - 2%	Folic Acid - 12%	
Vitamin B12 - 2%	Pantothenic Acid - 0%	
Phosphorous - 12%	Magnesium - 1%	
Zinc - 3%	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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.033 alp
Vitamin K	0.687 mcg
Vitamin A	684.393 IU
Vitamin A	146.884 RE

Water Soluble Vitamins	
Thiamin B1	0.340 mg
Riboflavin B2	0.245 mg
Niacin B3	n/a
Niacin B3	2.569 mg
Pyridoxine B6	0.048 mg
Cobalamin B12	0.129 mcg
Pantothenic Acid	0.047 mg
Vitamin C	15.468 mg
Folic Acid	48.342 mcg

Minerals	
Phosphorus	121.262 mg
Zinc	0.502 mg
Magnesium	5.844 mg
Copper	0.014 mg
Selenium	0.000 mg
Iron	3.243 mg
Calcium	232.211 mg
Manganese	0.029 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

