

RECIPE ANALYSIS

Recipe Name : G-29
Serving Size : 4" x 6" Slice

Recipe Desc : Broccoli and Pasta Casserole
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 4" x 6" Slice		
Amount Per Serving		
Calories 620.93	Calories from Fat 387.28	
% Daily Value		
Total Fat	43.03 g	66%
Saturated	24.56 g	123%
PolyUnSat	1.84 g	n/a
MonoUnSat	12.72 g	n/a
Cholesterol	268.69 mg	90%
Sodium	850.18 mg	35%
Potassium	592.49 mg	17%
Total Carbs	25.86 g	9%
Dietary Fiber	2.07 g	8%
Sugars	1.05 g	n/a
Protein	34.43 g	
Vitamin A - 109%	Vitamin C - 194%	
Calcium - 76%	Iron - 17%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 46%	Niacin - 14%	
Vitamin B6 - 14%	Folic Acid - 43%	
Vitamin B12 - 7%	Pantothenic Acid - 11%	
Phosphorous - 65%	Magnesium - 12%	
Zinc - 8%	Copper - 7%	
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	0.406 mcg
Vitamin D	16.250 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	5436.008 IU
Vitamin A	708.870 RE

Water Soluble Vitamins	
Thiamin B1	0.388 mg
Riboflavin B2	0.782 mg
Niacin B3	n/a
Niacin B3	2.817 mg
Pyridoxine B6	0.271 mg
Cobalamin B12	0.408 mcg
Pantothenic Acid	1.069 mg
Vitamin C	116.258 mg
Folic Acid	171.023 mcg

Minerals	
Phosphorus	651.556 mg
Zinc	1.239 mg
Magnesium	48.838 mg
Copper	0.134 mg
Selenium	9.625 mg
Iron	3.077 mg
Calcium	759.438 mg
Manganese	0.289 mg
Iodine	12.250 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

