

RECIPE ANALYSIS

Recipe Name : G-25
Serving Size : 4" x 6" rect.

Recipe Desc : Broccoli and Rice Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4" x 6" rect.		
Amount Per Serving		
Calories 303.11	Calories from Fat 148.96	
% Daily Value		
Total Fat	16.55 g	25%
Saturated	9.09 g	45%
PolyUnSat	0.72 g	n/a
MonoUnSat	4.99 g	n/a
Cholesterol	108.48 mg	36%
Sodium	424.31 mg	18%
Potassium	194.07 mg	6%
Total Carbs	22.54 g	8%
Dietary Fiber	0.62 g	2%
Sugars	0.05 g	n/a
Protein	16.46 g	
Vitamin A - 38%	Vitamin C - 64%	
Calcium - 37%	Iron - 10%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 18%	Niacin - 2%	
Vitamin B6 - 4%	Folic Acid - 19%	
Vitamin B12 - 2%	Pantothenic Acid - 4%	
Phosphorous - 28%	Magnesium - 3%	
Zinc - 2%	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	0.195 mcg
Vitamin D	7.800 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1904.234 IU
Vitamin A	258.345 RE

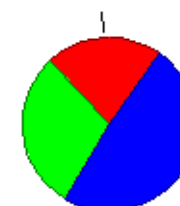
Water Soluble Vitamins	
Thiamin B1	0.168 mg
Riboflavin B2	0.300 mg
Niacin B3	n/a
Niacin B3	0.320 mg
Pyridoxine B6	0.086 mg
Cobalamin B12	0.150 mcg
Pantothenic Acid	0.412 mg
Vitamin C	38.484 mg
Folic Acid	76.035 mcg

Minerals	
Phosphorus	276.135 mg
Zinc	0.332 mg
Magnesium	11.706 mg
Copper	0.022 mg
Selenium	4.620 mg
Iron	1.796 mg
Calcium	365.008 mg
Manganese	0.096 mg
Iodine	11.760 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.