RECIPE ANALYSIS

Recipe Name : G-18 **Recipe Desc : Cavatappi Parm w/ Veg & Herbs** **Author :** **Yield : 48**
Serving Size : 2 cups **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 2 cups

Amount Per Serving

Calories 490.74 **Calories from Fat 104.66**

			% Daily Value
Total Fat	**11.63**	**g**	**18%**
Saturated	3.14	g	16%
PolyUnSat	1.65	g	n/a
MonoUnSat	5.19	g	n/a
Cholesterol	**11.34**	**mg**	**4%**
Sodium	**203.56**	**mg**	**8%**
Potassium	**435.47**	**mg**	**12%**
Total Carbs	**80.52**	**g**	**27%**
Dietary Fiber	6.77	g	27%
Sugars	8.47	g	n/a
Protein	**16.88**	**g**	

Vitamin A - 274%	Vitamin C - 74%
Calcium - 23%	Iron - 29%
Vitamin E - n/a	Thiamin - 62%
Riboflavin - 25%	Niacin - 35%
Vitamin B6 - 14%	Folic Acid - 62%
Vitamin B12 - 0%	Pantothenic Acid - 1%
Phosphorous - 16%	Magnesium - 5%
Zinc - 10%	Copper - 14%

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	0.000	alp
Vitamin K	0.159	mcg
Vitamin A	13706.430	IU
Vitamin A	1491.121	RE

Water Soluble Vitamins

Thiamin B1	0.923	mg
Riboflavin B2	0.425	mg
Niacin B3	n/a	
Niacin B3	7.099	mg
Pyridoxine B6	0.286	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.149	mg
Vitamin C	44.311	mg
Folic Acid	249.020	mcg

Minerals

Phosphorus	164.743	mg
Zinc	1.463	mg
Magnesium	18.934	mg
Copper	0.285	mg
Selenium	0.000	mg
Iron	5.259	mg
Calcium	227.485	mg
Manganese	0.348	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

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.