

# RECIPE ANALYSIS

Recipe Name : G-23  
Serving Size : 2 cups

Recipe Desc : Cavatappi w/ Garlic Tom Sauce  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 2 cups		
Amount Per Serving		
<b>Calories 418.38</b>	<b>Calories from Fat 46.24</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.14 g</b>	<b>8%</b>
Saturated	1.07 g	5%
PolyUnSat	0.96 g	n/a
MonoUnSat	2.11 g	n/a
<b>Cholesterol</b>	<b>2.53 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>50.18 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>263.78 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>80.16 g</b>	<b>27%</b>
Dietary Fiber	4.59 g	18%
Sugars	4.59 g	n/a
<b>Protein</b>	<b>14.35 g</b>	
Vitamin A - 130%	Vitamin C - 78%	
Calcium - 8%	Iron - 31%	
Vitamin E - n/a	Thiamin - 61%	
Riboflavin - 22%	Niacin - 32%	
Vitamin B6 - 11%	Folic Acid - 62%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 15%	Magnesium - 2%	
Zinc - 8%	Copper - 12%	
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	6515.946 IU
Vitamin A	949.154 RE

Water Soluble Vitamins	
Thiamin B1	0.911 mg
Riboflavin B2	0.375 mg
Niacin B3	n/a
Niacin B3	6.468 mg
Pyridoxine B6	0.217 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.106 mg
Vitamin C	46.957 mg
Folic Acid	246.235 mcg

Minerals	
Phosphorus	149.379 mg
Zinc	1.230 mg
Magnesium	7.322 mg
Copper	0.249 mg
Selenium	0.000 mg
Iron	5.646 mg
Calcium	78.128 mg
Manganese	0.137 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**

