

RECIPE ANALYSIS

Recipe Name : G-45
Serving Size : 1 EACH

Recipe Desc : Cheddar and Rotini Primavera
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 616.93	Calories from Fat 252.63	
% Daily Value		
Total Fat	28.07 g	43%
Saturated	17.11 g	86%
PolyUnSat	0.85 g	n/a
MonoUnSat	7.06 g	n/a
Cholesterol	79.02 mg	26%
Sodium	576.48 mg	24%
Potassium	252.35 mg	7%
Total Carbs	64.97 g	22%
Dietary Fiber	3.96 g	16%
Sugars	11.12 g	n/a
Protein	24.69 g	
Vitamin A - 33%	Vitamin C - 17%	
Calcium - 49%	Iron - 25%	
Vitamin E - n/a	Thiamin - 43%	
Riboflavin - 26%	Niacin - 23%	
Vitamin B6 - 5%	Folic Acid - 43%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 30%	Magnesium - 3%	
Zinc - 5%	Copper - 8%	
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	48.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1662.617 IU
Vitamin A	316.327 RE

Water Soluble Vitamins	
Thiamin B1	0.652 mg
Riboflavin B2	0.442 mg
Niacin B3	n/a
Niacin B3	4.684 mg
Pyridoxine B6	0.102 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.037 mg
Vitamin C	10.096 mg
Folic Acid	172.060 mcg

Minerals	
Phosphorus	304.411 mg
Zinc	0.758 mg
Magnesium	10.853 mg
Copper	0.164 mg
Selenium	0.000 mg
Iron	4.497 mg
Calcium	487.799 mg
Manganese	0.059 mg
Iodine	3.920 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

