

# RECIPE ANALYSIS

Recipe Name : G-8  
Serving Size : 5 oz.(4"x6" pc)

Recipe Desc : Cheese Quiche  
Prep Time :

Author :  
Cook Time :

Yield : 24

<b>Nutrition Information</b>		
Serving Size: 5 oz.(4"x6" pc)		
Amount Per Serving		
<b>Calories 151.98</b>	<b>Calories from Fat 101.19</b>	
	% Daily Value	
<b>Total Fat</b>	<b>11.24 g</b>	<b>17%</b>
Saturated	6.26 g	31%
PolyUnSat	0.34 g	n/a
MonoUnSat	0.96 g	n/a
<b>Cholesterol</b>	<b>133.73 mg</b>	<b>45%</b>
<b>Sodium</b>	<b>300.71 mg</b>	<b>13%</b>
<b>Potassium</b>	<b>41.30 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>3.49 g</b>	<b>1%</b>
Dietary Fiber	0.00 g	0%
Sugars	2.12 g	n/a
<b>Protein</b>	<b>10.15 g</b>	
Vitamin A - 9%	Vitamin C - 0%	
Calcium - 21%	Iron - 2%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 10%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 3%	
Vitamin B12 - 4%	Pantothenic Acid - 3%	
Phosphorous - 4%	Magnesium - 1%	
Zinc - 2%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.325 mcg
Vitamin D	22.375 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	441.421 IU
Vitamin A	88.284 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.025 mg
Riboflavin B2	0.166 mg
Niacin B3	0.000 NE
Niacin B3	0.035 mg
Pyridoxine B6	0.035 mg
Cobalamin B12	0.250 mcg
Pantothenic Acid	0.315 mg
Vitamin C	0.225 mg
Folic Acid	11.750 mcg

<b>Minerals</b>	
Phosphorus	44.500 mg
Zinc	0.275 mg
Magnesium	2.500 mg
Copper	0.005 mg
Selenium	7.700 mg
Iron	0.392 mg
Calcium	210.535 mg
Manganese	0.005 mg
Iodine	16.333 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

