

RECIPE ANALYSIS

Recipe Name : G-57
Serving Size : 3zPasta/4zSce.

Recipe Desc : Cheese Tortellini w/Red Sauce
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 3zPasta/4zSce.		
Amount Per Serving		
Calories 258.31	Calories from Fat 62.48	
% Daily Value		
Total Fat	6.94 g	11%
Saturated	2.82 g	14%
PolyUnSat	1.53 g	n/a
MonoUnSat	0.67 g	n/a
Cholesterol	23.48 mg	8%
Sodium	1015.72 mg	42%
Potassium	748.10 mg	21%
Total Carbs	38.53 g	13%
Dietary Fiber	3.42 g	14%
Sugars	7.57 g	n/a
Protein	10.38 g	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 9%	Iron - 6%	
Vitamin E - n/a	Thiamin - n/a	
Riboflavin - n/a	Niacin - n/a	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	156.440 IU
Vitamin A	31.286 RE

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.041 mg
Folic Acid	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	1.130 mg
Calcium	94.144 mg
Manganese	n/a
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

