

# RECIPE ANALYSIS

Recipe Name : G-64  
Serving Size : 1 Cup

Recipe Desc : Cheese Tortellini w/Vegetables  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 Cup		
Amount Per Serving		
<b>Calories 188.78</b>	<b>Calories from Fat 34.65</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.85 g</b>	<b>6%</b>
Saturated	2.13 g	11%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>20.59 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>369.72 mg</b>	<b>15%</b>
<b>Potassium</b>	<b>112.01 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>30.14 g</b>	<b>10%</b>
Dietary Fiber	2.14 g	9%
Sugars	2.88 g	n/a
<b>Protein</b>	<b>8.59 g</b>	
Vitamin A - 23%	Vitamin C - 9%	
Calcium - 10%	Iron - 7%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 4%	Niacin - 3%	
Vitamin B6 - 2%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 4%	Copper - 3%	
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	0.269 mcg
Vitamin D	11.522 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.000 alp
Vitamin K	2.819 mcg
Vitamin A	1136.716 IU
Vitamin A	221.190 RE

Water Soluble Vitamins	
Thiamin B1	0.025 mg
Riboflavin B2	0.072 mg
Niacin B3	0.000 NE
Niacin B3	0.639 mg
Pyridoxine B6	0.041 mg
Cobalamin B12	0.006 mcg
Pantothenic Acid	0.253 mg
Vitamin C	5.444 mg
Folic Acid	4.474 mcg

Minerals	
Phosphorus	20.378 mg
Zinc	0.612 mg
Magnesium	5.393 mg
Copper	0.055 mg
Selenium	1.293 mg
Iron	1.280 mg
Calcium	99.590 mg
Manganese	0.061 mg
Iodine	0.000 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**

