

# RECIPE ANALYSIS

Recipe Name : G-69

Recipe Desc : "Chickenless" Parmagiano

Author :

Yield : 50

Serving Size : 1c sc&psta+1chk

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1c sc&psta+1chk		
Amount Per Serving		
<b>Calories 736.08</b>	<b>Calories from Fat 184.56</b>	
% Daily Value		
<b>Total Fat</b>	<b>20.51 g</b>	<b>32%</b>
Saturated	5.84 g	29%
PolyUnSat	2.66 g	n/a
MonoUnSat	2.31 g	n/a
<b>Cholesterol</b>	<b>16.06 mg</b>	<b>5%</b>
<b>Sodium</b>	<b>2480.56 mg</b>	<b>103%</b>
<b>Potassium</b>	<b>599.17 mg</b>	<b>17%</b>
<b>Total Carbs</b>	<b>106.70 g</b>	<b>36%</b>
Dietary Fiber	7.22 g	29%
Sugars	5.75 g	n/a
<b>Protein</b>	<b>31.09 g</b>	
Vitamin A - 22%	Vitamin C - 13%	
Calcium - 54%	Iron - 39%	
Vitamin E - n/a	Thiamin - 73%	
Riboflavin - 18%	Niacin - 19%	
Vitamin B6 - 8%	Folic Acid - 0%	
Vitamin B12 - 6%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.051 mcg
Vitamin A	1096.701 IU
Vitamin A	199.457 RE

Water Soluble Vitamins	
Thiamin B1	1.100 mg
Riboflavin B2	0.302 mg
Niacin B3	n/a
Niacin B3	3.887 mg
Pyridoxine B6	0.161 mg
Cobalamin B12	0.380 mcg
Pantothenic Acid	0.002 mg
Vitamin C	7.782 mg
Folic Acid	0.009 mcg

Minerals	
Phosphorus	7.081 mg
Zinc	0.064 mg
Magnesium	3.551 mg
Copper	0.007 mg
Selenium	0.000 mg
Iron	7.032 mg
Calcium	542.168 mg
Manganese	0.114 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.