

RECIPE ANALYSIS

Recipe Name : G-52

Recipe Desc : Creamy Fettuccini Primavera

Author :

Yield : 50

Serving Size : 3/4cSce,1cPasta

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 3/4cSce,1cPasta		
Amount Per Serving		
Calories 375.11	Calories from Fat 82.40	
% Daily Value		
Total Fat	9.16 g	14%
Saturated	5.19 g	26%
PolyUnSat	0.55 g	n/a
MonoUnSat	0.93 g	n/a
Cholesterol	28.01 mg	9%
Sodium	394.00 mg	16%
Potassium	254.38 mg	7%
Total Carbs	55.78 g	19%
Dietary Fiber	2.78 g	11%
Sugars	8.48 g	n/a
Protein	16.90 g	
Vitamin A - 6%	Vitamin C - 9%	
Calcium - 30%	Iron - 16%	
Vitamin E - n/a	Thiamin - 45%	
Riboflavin - 26%	Niacin - 24%	
Vitamin B6 - 4%	Folic Acid - 45%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 19%	Magnesium - 0%	
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	0.000 mcg
Vitamin D	34.560 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.129 alp
Vitamin K	0.051 mcg
Vitamin A	307.680 IU
Vitamin A	61.523 RE

Water Soluble Vitamins	
Thiamin B1	0.671 mg
Riboflavin B2	0.434 mg
Niacin B3	0.000 NE
Niacin B3	4.891 mg
Pyridoxine B6	0.089 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	5.504 mg
Folic Acid	180.578 mcg

Minerals	
Phosphorus	187.502 mg
Zinc	0.813 mg
Magnesium	1.808 mg
Copper	0.160 mg
Selenium	0.000 mg
Iron	2.804 mg
Calcium	301.088 mg
Manganese	0.018 mg
Iodine	11.760 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

