

# RECIPE ANALYSIS

Recipe Name : G-07  
Serving Size : 5 ravioli w/Veg

Recipe Desc : Florentine Stuffed Pasta  
Prep Time :

Author :  
Cook Time :

Yield : 26

Nutrition Information		
Serving Size: 5 ravioli w/Veg		
Amount Per Serving		
<b>Calories 472.47</b>	<b>Calories from Fat 154.46</b>	
	% Daily Value	
<b>Total Fat</b>	<b>17.16 g</b>	<b>26%</b>
Saturated	10.38 g	52%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>84.00 mg</b>	<b>28%</b>
<b>Sodium</b>	<b>1718.34 mg</b>	<b>72%</b>
<b>Potassium</b>	<b>31.44 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>47.86 g</b>	<b>16%</b>
Dietary Fiber	4.32 g	17%
Sugars	2.84 g	n/a
<b>Protein</b>	<b>32.01 g</b>	
Vitamin A - 78%	Vitamin C - 8%	
Calcium - 78%	Iron - 17%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 0%	Copper - 1%	
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	3902.307 IU
Vitamin A	780.462 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.022 mg
Pyridoxine B6	0.044 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.022 mg
Vitamin C	4.711 mg
Folic Acid	0.098 mcg

Minerals	
Phosphorus	5.005 mg
Zinc	0.033 mg
Magnesium	0.818 mg
Copper	0.011 mg
Selenium	n/a
Iron	3.064 mg
Calcium	775.824 mg
Manganese	0.055 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.