

# RECIPE ANALYSIS

Recipe Name : G-49  
Serving Size : 1/24th of Pan

Recipe Desc : Garden Lasagna  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1/24th of Pan		
Amount Per Serving		
<b>Calories 305.07</b>	<b>Calories from Fat 119.40</b>	
% Daily Value		
<b>Total Fat</b>	<b>13.27 g</b>	<b>20%</b>
Saturated	7.31 g	37%
PolyUnSat	0.49 g	n/a
MonoUnSat	1.30 g	n/a
<b>Cholesterol</b>	<b>63.21 mg</b>	<b>21%</b>
<b>Sodium</b>	<b>288.16 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>186.94 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>28.57 g</b>	<b>10%</b>
Dietary Fiber	1.76 g	7%
Sugars	6.54 g	n/a
<b>Protein</b>	<b>17.71 g</b>	
Vitamin A - 59%	Vitamin C - 9%	
Calcium - 34%	Iron - 13%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 10%	Niacin - 12%	
Vitamin B6 - 5%	Folic Acid - 22%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 6%	Magnesium - 2%	
Zinc - 3%	Copper - 5%	
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	0.061	mcg
Vitamin D	23.290	IU
Vitamin E	0.001	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	2.495	mcg
Vitamin A	2933.072	IU
Vitamin A	570.834	RE

Water Soluble Vitamins		
Thiamin B1	0.309	mg
Riboflavin B2	0.163	mg
Niacin B3	0.000	NE
Niacin B3	2.309	mg
Pyridoxine B6	0.092	mg
Cobalamin B12	0.047	mcg
Pantothenic Acid	0.087	mg
Vitamin C	5.454	mg
Folic Acid	87.232	mcg

Minerals		
Phosphorus	64.925	mg
Zinc	0.474	mg
Magnesium	9.692	mg
Copper	0.091	mg
Selenium	1.470	mg
Iron	2.380	mg
Calcium	342.593	mg
Manganese	0.069	mg
Iodine	1.021	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**

