

# RECIPE ANALYSIS

Recipe Name : G-31

Recipe Desc : Honey Mustard Ling. Primavera

Author :

Yield : 48

Serving Size : 1c veg,1c pasta

Prep Time :

Cook Time :

<b>Nutrition Information</b>		
Serving Size: 1c veg,1c pasta		
Amount Per Serving		
<b>Calories 304.11</b>	<b>Calories from Fat 51.94</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.77 g</b>	<b>9%</b>
Saturated	1.19 g	6%
PolyUnSat	0.52 g	n/a
MonoUnSat	0.13 g	n/a
<b>Cholesterol</b>	<b>7.00 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>128.48 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>342.07 mg</b>	<b>10%</b>
<b>Total Carbs</b>	<b>54.09 g</b>	<b>18%</b>
Dietary Fiber	4.63 g	19%
Sugars	7.46 g	n/a
<b>Protein</b>	<b>10.06 g</b>	
Vitamin A - 114%	Vitamin C - 76%	
Calcium - 7%	Iron - 17%	
Vitamin E - n/a	Thiamin - 44%	
Riboflavin - 20%	Niacin - 25%	
Vitamin B6 - 9%	Folic Acid - 50%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 13%	Magnesium - 4%	
Zinc - 5%	Copper - 9%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.003 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	82.481 mcg
Vitamin A	5681.082 IU
Vitamin A	1136.205 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.667 mg
Riboflavin B2	0.332 mg
Niacin B3	n/a
Niacin B3	5.082 mg
Pyridoxine B6	0.177 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.204 mg
Vitamin C	45.851 mg
Folic Acid	201.621 mcg

<b>Minerals</b>	
Phosphorus	127.601 mg
Zinc	0.815 mg
Magnesium	14.295 mg
Copper	0.182 mg
Selenium	0.030 mg
Iron	3.076 mg
Calcium	67.653 mg
Manganese	0.140 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

