

RECIPE ANALYSIS

Recipe Name : G-54
Serving Size : .5cSce/1cPasta

Recipe Desc : Linguini Stroganoff
Prep Time :

Author :
Cook Time :

Yield : 67

Nutrition Information		
Serving Size: .5cSce/1cPasta		
Amount Per Serving		
Calories 707.99	Calories from Fat 57.20	
% Daily Value		
Total Fat	6.36 g	10%
Saturated	1.65 g	8%
PolyUnSat	1.91 g	n/a
MonoUnSat	0.35 g	n/a
Cholesterol	5.49 mg	2%
Sodium	329.04 mg	14%
Potassium	350.75 mg	10%
Total Carbs	132.96 g	44%
Dietary Fiber	6.80 g	27%
Sugars	13.80 g	n/a
Protein	26.56 g	
Vitamin A - 54%	Vitamin C - 4%	
Calcium - 15%	Iron - 37%	
Vitamin E - n/a	Thiamin - 117%	
Riboflavin - 45%	Niacin - 64%	
Vitamin B6 - 11%	Folic Acid - 119%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 26%	Magnesium - 1%	
Zinc - 14%	Copper - 21%	
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	17.910 IU
Vitamin E	0.002 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	2.710 mcg
Vitamin A	2687.412 IU
Vitamin A	537.475 RE

Water Soluble Vitamins	
Thiamin B1	1.758 mg
Riboflavin B2	0.765 mg
Niacin B3	0.000 NE
Niacin B3	12.817 mg
Pyridoxine B6	0.225 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.003 mg
Vitamin C	2.351 mg
Folic Acid	476.373 mcg

Minerals	
Phosphorus	262.015 mg
Zinc	2.096 mg
Magnesium	4.411 mg
Copper	0.429 mg
Selenium	0.016 mg
Iron	6.624 mg
Calcium	151.503 mg
Manganese	0.046 mg
Iodine	13.164 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

