

RECIPE ANALYSIS

Recipe Name : G-32
Serving Size : 1 cup

Recipe Desc : Macaroni and Cheese
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 282.65	Calories from Fat 45.08	
% Daily Value		
Total Fat	5.01 g	8%
Saturated	1.53 g	8%
PolyUnSat	0.30 g	n/a
MonoUnSat	0.09 g	n/a
Cholesterol	0.00 mg	0%
Sodium	886.29 mg	37%
Potassium	73.48 mg	2%
Total Carbs	51.03 g	17%
Dietary Fiber	1.62 g	6%
Sugars	8.15 g	n/a
Protein	5.67 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 7%	Iron - 10%	
Vitamin E - n/a	Thiamin - 31%	
Riboflavin - 12%	Niacin - 17%	
Vitamin B6 - 2%	Folic Acid - 32%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 7%	Magnesium - 0%	
Zinc - 4%	Copper - 6%	
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	0.000 IU
Vitamin A	0.000 RE

Water Soluble Vitamins	
Thiamin B1	0.464 mg
Riboflavin B2	0.200 mg
Niacin B3	n/a
Niacin B3	3.408 mg
Pyridoxine B6	0.048 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	0.000 mg
Folic Acid	126.104 mcg

Minerals	
Phosphorus	68.040 mg
Zinc	0.552 mg
Magnesium	0.312 mg
Copper	0.112 mg
Selenium	n/a
Iron	1.752 mg
Calcium	65.348 mg
Manganese	n/a
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.