

RECIPE ANALYSIS

Recipe Name : G-09a
Serving Size : 1/6 slice

Recipe Desc : New York White Garlic Pizza
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 1/6 slice		
Amount Per Serving		
Calories 106.22	Calories from Fat 18.11	
% Daily Value		
Total Fat	2.01 g	3%
Saturated	0.68 g	3%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.27 g	n/a
Cholesterol	2.02 mg	1%
Sodium	176.64 mg	7%
Potassium	5.33 mg	0%
Total Carbs	18.24 g	6%
Dietary Fiber	0.59 g	2%
Sugars	0.79 g	n/a
Protein	3.84 g	
Vitamin A - 1%	Vitamin C - 3%	
Calcium - 5%	Iron - 4%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 4%	Niacin - 9%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	0.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.027 alp
Vitamin K	0.002 mcg
Vitamin A	56.015 IU
Vitamin A	8.368 RE

Water Soluble Vitamins	
Thiamin B1	0.206 mg
Riboflavin B2	0.074 mg
Niacin B3	n/a
Niacin B3	1.742 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.005 mg
Vitamin C	1.659 mg
Folic Acid	0.671 mcg

Minerals	
Phosphorus	10.572 mg
Zinc	0.005 mg
Magnesium	0.284 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.796 mg
Calcium	48.352 mg
Manganese	0.003 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

