

# RECIPE ANALYSIS

Recipe Name : G-39  
Serving Size : 1 EACH

Recipe Desc : Pasta Primavera  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 486.82</b>	<b>Calories from Fat 263.25</b>	
% Daily Value		
<b>Total Fat</b>	<b>29.25 g</b>	<b>45%</b>
Saturated	6.61 g	33%
PolyUnSat	8.05 g	n/a
MonoUnSat	0.07 g	n/a
<b>Cholesterol</b>	<b>0.24 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>400.71 mg</b>	<b>17%</b>
<b>Potassium</b>	<b>266.33 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>46.18 g</b>	<b>15%</b>
Dietary Fiber	1.50 g	6%
Sugars	1.80 g	n/a
<b>Protein</b>	<b>8.62 g</b>	
Vitamin A - 47%	Vitamin C - 48%	
Calcium - 4%	Iron - 15%	
Vitamin E - n/a	Thiamin - 40%	
Riboflavin - 19%	Niacin - 21%	
Vitamin B6 - 6%	Folic Acid - 7%	
Vitamin B12 - 0%	Pantothenic Acid - 5%	
Phosphorous - 8%	Magnesium - 9%	
Zinc - 3%	Copper - 7%	
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	37.195 mcg
Vitamin A	2354.669 IU
Vitamin A	466.579 RE

Water Soluble Vitamins	
Thiamin B1	0.601 mg
Riboflavin B2	0.320 mg
Niacin B3	n/a
Niacin B3	4.297 mg
Pyridoxine B6	0.113 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.548 mg
Vitamin C	29.072 mg
Folic Acid	26.945 mcg

Minerals	
Phosphorus	84.233 mg
Zinc	0.465 mg
Magnesium	34.608 mg
Copper	0.133 mg
Selenium	0.000 mg
Iron	2.735 mg
Calcium	43.243 mg
Manganese	0.074 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

**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.