RECIPE ANALYSIS

Recipe Name : G-71 **Recipe Desc : Pasta w/Navy Beans & Citrus Sc** **Author :** **Yield : 50**
Serving Size : 1 cup **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 1 cup

Amount Per Serving

Calories 221.94 **Calories from Fat 52.58**

			% Daily Value
Total Fat	**5.84**	**g**	**9%**
Saturated	1.65	g	8%
PolyUnSat	0.53	g	n/a
MonoUnSat	2.41	g	n/a
Cholesterol	**11.12**	**mg**	**4%**
Sodium	**327.15**	**mg**	**14%**
Potassium	**126.16**	**mg**	**4%**
Total Carbs	**34.92**	**g**	**12%**
Dietary Fiber	5.35	g	21%
Sugars	5.89	g	n/a
Protein	**10.18**	**g**	

Vitamin A - 13%	Vitamin C - 96%
Calcium - 7%	Iron - 10%
Vitamin E - n/a	Thiamin - 7%
Riboflavin - 3%	Niacin - 4%
Vitamin B6 - 3%	Folic Acid - 6%
Vitamin B12 - 0%	Pantothenic Acid - 0%
Phosphorous - 2%	Magnesium - 1%
Zinc - 1%	Copper - 2%

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	0.000	mg
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	0.017	mcg
Vitamin A	645.707	IU
Vitamin A	128.315	RE

Water Soluble Vitamins

Thiamin B1	0.104	mg
Riboflavin B2	0.051	mg
Niacin B3	n/a	
Niacin B3	0.800	mg
Pyridoxine B6	0.059	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.042	mg
Vitamin C	57.628	mg
Folic Acid	25.158	mcg

Minerals

Phosphorus	18.090	mg
Zinc	0.145	mg
Magnesium	3.941	mg
Copper	0.044	mg
Selenium	n/a	
Iron	1.859	mg
Calcium	66.205	mg
Manganese	0.047	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.