

RECIPE ANALYSIS

Recipe Name : G-22
Serving Size : 3 ravioli

Recipe Desc : Portabella Mush Rav w/Rst Pep
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 3 ravioli		
Amount Per Serving		
Calories 168.86	Calories from Fat 68.92	
% Daily Value		
Total Fat	7.66 g	12%
Saturated	1.90 g	9%
PolyUnSat	1.17 g	n/a
MonoUnSat	3.59 g	n/a
Cholesterol	12.43 mg	4%
Sodium	158.10 mg	7%
Potassium	103.46 mg	3%
Total Carbs	20.98 g	7%
Dietary Fiber	1.99 g	8%
Sugars	3.62 g	n/a
Protein	4.90 g	
Vitamin A - 50%	Vitamin C - 15%	
Calcium - 6%	Iron - 5%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

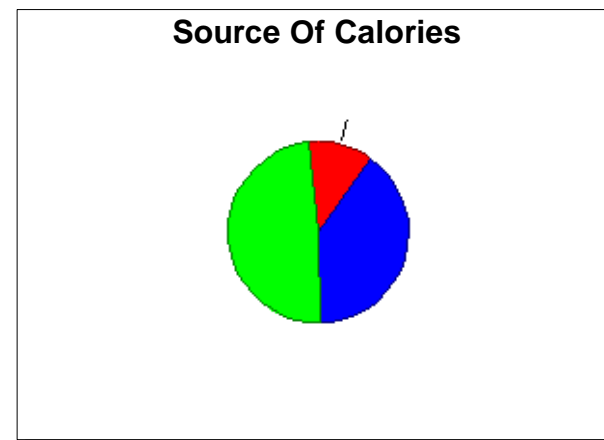
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.498 mcg
Vitamin A	2499.895 IU
Vitamin A	499.979 RE

Water Soluble Vitamins	
Thiamin B1	0.025 mg
Riboflavin B2	0.017 mg
Niacin B3	n/a
Niacin B3	0.201 mg
Pyridoxine B6	0.066 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	9.267 mg
Folic Acid	3.402 mcg

Minerals	
Phosphorus	13.693 mg
Zinc	0.088 mg
Magnesium	4.848 mg
Copper	0.009 mg
Selenium	0.014 mg
Iron	0.954 mg
Calcium	60.069 mg
Manganese	0.061 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



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.