

# RECIPE ANALYSIS

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

Recipe Desc : Primavera Pizza  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 1/6 slice		
Amount Per Serving		
<b>Calories 116.21</b>	<b>Calories from Fat 26.21</b>	
% Daily Value		
<b>Total Fat</b>	<b>2.91 g</b>	<b>4%</b>
Saturated	0.88 g	4%
PolyUnSat	0.09 g	n/a
MonoUnSat	0.77 g	n/a
<b>Cholesterol</b>	<b>2.54 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>183.89 mg</b>	<b>8%</b>
<b>Potassium</b>	<b>21.65 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>18.50 g</b>	<b>6%</b>
Dietary Fiber	0.68 g	3%
Sugars	0.68 g	n/a
<b>Protein</b>	<b>4.21 g</b>	
Vitamin A - 3%	Vitamin C - 5%	
Calcium - 6%	Iron - 5%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 5%	Niacin - 9%	
Vitamin B6 - 0%	Folic Acid - 1%	
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	n/a
Vitamin E	n/a
Vitamin E	0.107 alp
Vitamin K	n/a
Vitamin A	132.490 IU
Vitamin A	18.134 RE

Water Soluble Vitamins	
Thiamin B1	0.211 mg
Riboflavin B2	0.082 mg
Niacin B3	n/a
Niacin B3	1.783 mg
Pyridoxine B6	0.008 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.016 mg
Vitamin C	3.158 mg
Folic Acid	4.621 mcg

Minerals	
Phosphorus	13.014 mg
Zinc	0.029 mg
Magnesium	1.418 mg
Copper	0.006 mg
Selenium	0.000 mg
Iron	0.869 mg
Calcium	57.056 mg
Manganese	0.012 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.