

RECIPE ANALYSIS

Recipe Name : G-19
Serving Size : 1/2c veg&rice

Recipe Desc : Ratatouille w/ Rice
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2c veg&rice		
Amount Per Serving		
Calories 125.79	Calories from Fat 32.13	
% Daily Value		
Total Fat	3.57 g	5%
Saturated	0.51 g	3%
PolyUnSat	0.54 g	n/a
MonoUnSat	2.41 g	n/a
Cholesterol	0.00 mg	0%
Sodium	3.38 mg	0%
Potassium	150.52 mg	4%
Total Carbs	21.49 g	7%
Dietary Fiber	1.12 g	4%
Sugars	0.35 g	n/a
Protein	3.03 g	
Vitamin A - 10%	Vitamin C - 34%	
Calcium - 2%	Iron - 6%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 6%	Niacin - 5%	
Vitamin B6 - 4%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 3%	Magnesium - 2%	
Zinc - 1%	Copper - 5%	
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	0.355 mcg
Vitamin D	14.234 IU
Vitamin E	n/a
Vitamin E	0.002 IU
Vitamin E	0.134 alp
Vitamin K	0.020 mcg
Vitamin A	483.279 IU
Vitamin A	94.068 RE

Water Soluble Vitamins	
Thiamin B1	0.139 mg
Riboflavin B2	0.095 mg
Niacin B3	n/a
Niacin B3	0.928 mg
Pyridoxine B6	0.087 mg
Cobalamin B12	0.008 mcg
Pantothenic Acid	0.352 mg
Vitamin C	20.314 mg
Folic Acid	44.718 mcg

Minerals	
Phosphorus	29.044 mg
Zinc	0.196 mg
Magnesium	7.983 mg
Copper	0.095 mg
Selenium	1.666 mg
Iron	1.083 mg
Calcium	22.934 mg
Manganese	0.083 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

