

RECIPE ANALYSIS

Recipe Name : G-26
Serving Size : 1 cup

Recipe Desc : Red & Black Casserole
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 185.10	Calories from Fat 4.31	
	% Daily Value	
Total Fat	0.48 g	1%
Saturated	0.06 g	0%
PolyUnSat	0.06 g	n/a
MonoUnSat	0.03 g	n/a
Cholesterol	0.04 mg	0%
Sodium	489.05 mg	20%
Potassium	82.86 mg	2%
Total Carbs	38.13 g	13%
Dietary Fiber	6.57 g	26%
Sugars	5.76 g	n/a
Protein	9.15 g	
Vitamin A - 12%	Vitamin C - 32%	
Calcium - 8%	Iron - 16%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 4%	Niacin - 4%	
Vitamin B6 - 3%	Folic Acid - 8%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
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	0.178 mcg
Vitamin D	7.117 IU
Vitamin E	0.000 mg
Vitamin E	0.001 IU
Vitamin E	0.033 alp
Vitamin K	0.714 mcg
Vitamin A	616.161 IU
Vitamin A	123.232 RE

Water Soluble Vitamins	
Thiamin B1	0.143 mg
Riboflavin B2	0.074 mg
Niacin B3	n/a
Niacin B3	0.868 mg
Pyridoxine B6	0.069 mg
Cobalamin B12	0.004 mcg
Pantothenic Acid	0.180 mg
Vitamin C	18.944 mg
Folic Acid	32.878 mcg

Minerals	
Phosphorus	19.347 mg
Zinc	0.113 mg
Magnesium	4.437 mg
Copper	0.041 mg
Selenium	0.833 mg
Iron	2.969 mg
Calcium	83.414 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

