

RECIPE ANALYSIS

Recipe Name : G-70
Serving Size : 1 cup

Recipe Desc : Rice Pilaf w/ Blk Bean & Tofu
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 238.23	Calories from Fat 17.09	
% Daily Value		
Total Fat	1.90 g	3%
Saturated	0.23 g	1%
PolyUnSat	0.08 g	n/a
MonoUnSat	0.21 g	n/a
Cholesterol	0.05 mg	0%
Sodium	670.67 mg	28%
Potassium	105.22 mg	3%
Total Carbs	45.32 g	15%
Dietary Fiber	5.20 g	21%
Sugars	3.57 g	n/a
Protein	9.60 g	
Vitamin A - 30%	Vitamin C - 35%	
Calcium - 8%	Iron - 12%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 5%	Niacin - 4%	
Vitamin B6 - 3%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	Copper - 3%	
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	0.399 mcg
Vitamin D	16.014 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.000 alp
Vitamin K	0.090 mcg
Vitamin A	1520.117 IU
Vitamin A	304.027 RE

Water Soluble Vitamins	
Thiamin B1	0.031 mg
Riboflavin B2	0.092 mg
Niacin B3	n/a
Niacin B3	0.831 mg
Pyridoxine B6	0.059 mg
Cobalamin B12	0.009 mcg
Pantothenic Acid	0.324 mg
Vitamin C	21.157 mg
Folic Acid	0.017 mcg

Minerals	
Phosphorus	23.649 mg
Zinc	0.143 mg
Magnesium	3.852 mg
Copper	0.070 mg
Selenium	1.874 mg
Iron	2.091 mg
Calcium	77.906 mg
Manganese	0.042 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

