

RECIPE ANALYSIS

Recipe Name : G-40
Serving Size : 1/2c sc & pasta

Recipe Desc : Roasted Tomato Fettuccini
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2c sc & pasta		
Amount Per Serving		
Calories 403.73	Calories from Fat 28.59	
	% Daily Value	
Total Fat	3.18 g	5%
Saturated	0.45 g	2%
PolyUnSat	1.04 g	n/a
MonoUnSat	1.12 g	n/a
Cholesterol	0.00 mg	0%
Sodium	13.60 mg	1%
Potassium	551.35 mg	16%
Total Carbs	79.78 g	27%
Dietary Fiber	6.27 g	25%
Sugars	8.67 g	n/a
Protein	13.93 g	
Vitamin A - 31%	Vitamin C - 35%	
Calcium - 9%	Iron - 33%	
Vitamin E - n/a	Thiamin - 69%	
Riboflavin - 27%	Niacin - 41%	
Vitamin B6 - 12%	Folic Acid - 68%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 18%	Magnesium - 5%	
Zinc - 10%	Copper - 17%	
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	n/a
Vitamin E	n/a
Vitamin E	0.726 alp
Vitamin K	n/a
Vitamin A	1551.879 IU
Vitamin A	287.333 RE

Water Soluble Vitamins	
Thiamin B1	1.032 mg
Riboflavin B2	0.463 mg
Niacin B3	n/a
Niacin B3	8.101 mg
Pyridoxine B6	0.242 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.142 mg
Vitamin C	21.179 mg
Folic Acid	270.868 mcg

Minerals	
Phosphorus	184.834 mg
Zinc	1.503 mg
Magnesium	20.086 mg
Copper	0.331 mg
Selenium	0.000 mg
Iron	5.979 mg
Calcium	86.906 mg
Manganese	0.292 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

