

RECIPE ANALYSIS

Recipe Name : G-37
Serving Size : 10 oz.

Recipe Desc : Rotini w/ Mushroom Sauce
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 10 oz.		
Amount Per Serving		
Calories 302.02	Calories from Fat 52.03	
% Daily Value		
Total Fat	5.78 g	9%
Saturated	2.28 g	11%
PolyUnSat	0.67 g	n/a
MonoUnSat	0.93 g	n/a
Cholesterol	11.37 mg	4%
Sodium	440.93 mg	18%
Potassium	323.27 mg	9%
Total Carbs	51.62 g	17%
Dietary Fiber	3.55 g	14%
Sugars	5.50 g	n/a
Protein	11.84 g	
Vitamin A - 9%	Vitamin C - 24%	
Calcium - 8%	Iron - 17%	
Vitamin E - n/a	Thiamin - 45%	
Riboflavin - 31%	Niacin - 35%	
Vitamin B6 - 7%	Folic Acid - 43%	
Vitamin B12 - 0%	Pantothenic Acid - 10%	
Phosphorous - 15%	Magnesium - 2%	
Zinc - 7%	Copper - 18%	
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	1.154 mcg
Vitamin D	46.261 IU
Vitamin E	n/a
Vitamin E	0.006 IU
Vitamin E	n/a
Vitamin K	0.063 mcg
Vitamin A	437.053 IU
Vitamin A	84.280 RE

Water Soluble Vitamins	
Thiamin B1	0.680 mg
Riboflavin B2	0.531 mg
Niacin B3	n/a
Niacin B3	6.942 mg
Pyridoxine B6	0.143 mg
Cobalamin B12	0.025 mcg
Pantothenic Acid	0.958 mg
Vitamin C	14.564 mg
Folic Acid	171.454 mcg

Minerals	
Phosphorus	146.708 mg
Zinc	1.077 mg
Magnesium	8.610 mg
Copper	0.353 mg
Selenium	5.415 mg
Iron	2.999 mg
Calcium	81.298 mg
Manganese	0.084 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.