

RECIPE ANALYSIS

Recipe Name : G-42
Serving Size : 1 EACH

Recipe Desc : Sesame Eggplant Parmesan
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 245.07	Calories from Fat 111.56	
% Daily Value		
Total Fat	12.40 g	19%
Saturated	7.10 g	36%
PolyUnSat	0.31 g	n/a
MonoUnSat	0.61 g	n/a
Cholesterol	56.44 mg	19%
Sodium	627.79 mg	26%
Potassium	146.12 mg	4%
Total Carbs	16.48 g	5%
Dietary Fiber	2.21 g	9%
Sugars	1.86 g	n/a
Protein	17.54 g	
Vitamin A - 9%	Vitamin C - 4%	
Calcium - 42%	Iron - 8%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 11%	Niacin - 3%	
Vitamin B6 - 2%	Folic Acid - 5%	
Vitamin B12 - 1%	Pantothenic Acid - 2%	
Phosphorous - 3%	Magnesium - 2%	
Zinc - 1%	Copper - 1%	
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	0.078 mcg
Vitamin D	3.120 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	455.811 IU
Vitamin A	91.164 RE

Water Soluble Vitamins	
Thiamin B1	0.098 mg
Riboflavin B2	0.189 mg
Niacin B3	n/a
Niacin B3	0.620 mg
Pyridoxine B6	0.047 mg
Cobalamin B12	0.060 mcg
Pantothenic Acid	0.192 mg
Vitamin C	2.305 mg
Folic Acid	19.943 mcg

Minerals	
Phosphorus	26.726 mg
Zinc	0.132 mg
Magnesium	6.950 mg
Copper	0.029 mg
Selenium	1.848 mg
Iron	1.417 mg
Calcium	418.788 mg
Manganese	0.062 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

