

RECIPE ANALYSIS

Recipe Name : G-04
Serving Size : 5 ravioli w/veg

Recipe Desc : Southwest Vegetable Ravioli
Prep Time :

Author :
Cook Time :

Yield : 26

Nutrition Information		
Serving Size: 5 ravioli w/veg		
Amount Per Serving		
Calories 435.56	Calories from Fat 144.56	
% Daily Value		
Total Fat	16.06 g	25%
Saturated	4.86 g	24%
PolyUnSat	1.29 g	n/a
MonoUnSat	6.18 g	n/a
Cholesterol	44.96 mg	15%
Sodium	524.93 mg	22%
Potassium	144.18 mg	4%
Total Carbs	59.15 g	20%
Dietary Fiber	3.41 g	14%
Sugars	1.95 g	n/a
Protein	15.36 g	
Vitamin A - 18%	Vitamin C - 76%	
Calcium - 18%	Iron - 15%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 7%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 2%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.388 alp
Vitamin K	n/a
Vitamin A	913.539 IU
Vitamin A	182.702 RE

Water Soluble Vitamins	
Thiamin B1	0.028 mg
Riboflavin B2	0.028 mg
Niacin B3	n/a
Niacin B3	0.249 mg
Pyridoxine B6	0.138 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.083 mg
Vitamin C	45.651 mg
Folic Acid	16.089 mcg

Minerals	
Phosphorus	20.409 mg
Zinc	0.111 mg
Magnesium	7.865 mg
Copper	0.055 mg
Selenium	0.000 mg
Iron	2.647 mg
Calcium	178.131 mg
Manganese	0.111 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

