

RECIPE ANALYSIS

Recipe Name : G-06
Serving Size : 1 cup

Recipe Desc : Southwestern Baked Ziti
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 252.65	Calories from Fat 70.45	
% Daily Value		
Total Fat	7.83 g	12%
Saturated	3.29 g	16%
PolyUnSat	0.56 g	n/a
MonoUnSat	2.18 g	n/a
Cholesterol	14.21 mg	5%
Sodium	590.26 mg	25%
Potassium	110.18 mg	3%
Total Carbs	33.42 g	11%
Dietary Fiber	3.96 g	16%
Sugars	5.43 g	n/a
Protein	11.80 g	
Vitamin A - 13%	Vitamin C - 21%	
Calcium - 17%	Iron - 13%	
Vitamin E - n/a	Thiamin - 19%	
Riboflavin - 10%	Niacin - 11%	
Vitamin B6 - 5%	Folic Acid - 20%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 10%	Magnesium - 2%	
Zinc - 5%	Copper - 4%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.081 mcg
Vitamin A	658.016 IU
Vitamin A	138.035 RE

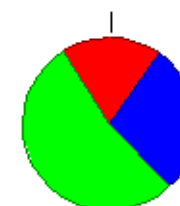
Water Soluble Vitamins	
Thiamin B1	0.290 mg
Riboflavin B2	0.170 mg
Niacin B3	n/a
Niacin B3	2.230 mg
Pyridoxine B6	0.092 mg
Cobalamin B12	0.083 mcg
Pantothenic Acid	0.060 mg
Vitamin C	12.900 mg
Folic Acid	79.468 mcg

Minerals	
Phosphorus	99.747 mg
Zinc	0.709 mg
Magnesium	7.426 mg
Copper	0.073 mg
Selenium	0.000 mg
Iron	2.391 mg
Calcium	173.731 mg
Manganese	0.045 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.