

RECIPE ANALYSIS

Recipe Name : G-59

Recipe Desc : Spaghetti with Tomato Sauce

Author :

Yield : 50

Serving Size : .5c Sce/1cPasta

Prep Time :

Cook Time :

| Nutrition Information | | |
|---|--------------------------------|-----------|
| Serving Size: .5c Sce/1cPasta | | |
| Amount Per Serving | | |
| Calories 134.65 | Calories from Fat 10.81 | |
| % Daily Value | | |
| Total Fat | 1.20 g | 2% |
| Saturated | 0.36 g | 2% |
| PolyUnSat | 0.38 g | n/a |
| MonoUnSat | 0.14 g | n/a |
| Cholesterol | 1.14 mg | 0% |
| Sodium | 106.30 mg | 4% |
| Potassium | 158.06 mg | 5% |
| Total Carbs | 26.02 g | 9% |
| Dietary Fiber | 1.75 g | 7% |
| Sugars | 2.93 g | n/a |
| Protein | 4.75 g | |
| Vitamin A - 4% | Vitamin C - 7% | |
| Calcium - 3% | Iron - 8% | |
| Vitamin E - n/a | Thiamin - 21% | |
| Riboflavin - 8% | Niacin - 11% | |
| Vitamin B6 - 3% | Folic Acid - 21% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 5% | Magnesium - 1% | |
| Zinc - 3% | 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 | 0.051 mcg |
| Vitamin A | 212.222 IU |
| Vitamin A | 37.990 RE |

| Water Soluble Vitamins | |
|------------------------|------------|
| Thiamin B1 | 0.317 mg |
| Riboflavin B2 | 0.138 mg |
| Niacin B3 | n/a |
| Niacin B3 | 2.287 mg |
| Pyridoxine B6 | 0.058 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.004 mg |
| Vitamin C | 4.160 mg |
| Folic Acid | 85.493 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 49.723 mg |
| Zinc | 0.399 mg |
| Magnesium | 2.014 mg |
| Copper | 0.076 mg |
| Selenium | 0.000 mg |
| Iron | 1.446 mg |
| Calcium | 28.319 mg |
| Manganese | 0.024 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

