

RECIPE ANALYSIS

Recipe Name : G-12
Serving Size : 6 oz.

Recipe Desc : Spinach Lasagna
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 436.60	Calories from Fat 118.48	
% Daily Value		
Total Fat	13.16 g	20%
Saturated	5.09 g	25%
PolyUnSat	2.08 g	n/a
MonoUnSat	3.04 g	n/a
Cholesterol	53.00 mg	18%
Sodium	876.15 mg	37%
Potassium	127.73 mg	4%
Total Carbs	54.97 g	18%
Dietary Fiber	5.49 g	22%
Sugars	13.51 g	n/a
Protein	23.45 g	
Vitamin A - 44%	Vitamin C - 47%	
Calcium - 27%	Iron - 25%	
Vitamin E - n/a	Thiamin - 33%	
Riboflavin - 15%	Niacin - 18%	
Vitamin B6 - 5%	Folic Acid - 34%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 9%	Magnesium - 1%	
Zinc - 5%	Copper - 6%	
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	0.081	mcg
Vitamin D	3.250	IU
Vitamin E	0.000	mg
Vitamin E	0.000	IU
Vitamin E	0.035	alp
Vitamin K	0.751	mcg
Vitamin A	2193.002	IU
Vitamin A	432.099	RE

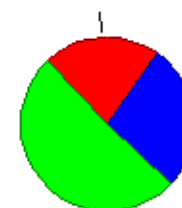
Water Soluble Vitamins		
Thiamin B1	0.500	mg
Riboflavin B2	0.247	mg
Niacin B3	0.000	NE
Niacin B3	3.620	mg
Pyridoxine B6	0.103	mg
Cobalamin B12	0.063	mcg
Pantothenic Acid	0.091	mg
Vitamin C	27.977	mg
Folic Acid	136.585	mcg

Minerals		
Phosphorus	88.225	mg
Zinc	0.688	mg
Magnesium	3.869	mg
Copper	0.124	mg
Selenium	1.925	mg
Iron	4.544	mg
Calcium	273.749	mg
Manganese	0.033	mg
Iodine	8.167	mcg

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.