

# RECIPE ANALYSIS

Recipe Name : G-01  
Serving Size : 1/6th of pie

Recipe Desc : Spinach Pie  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 1/6th of pie		
Amount Per Serving		
<b>Calories 364.65</b>	<b>Calories from Fat 239.66</b>	
% Daily Value		
<b>Total Fat</b>	<b>26.63 g</b>	<b>41%</b>
Saturated	13.51 g	68%
PolyUnSat	0.29 g	n/a
MonoUnSat	0.62 g	n/a
<b>Cholesterol</b>	<b>140.37 mg</b>	<b>47%</b>
<b>Sodium</b>	<b>455.16 mg</b>	<b>19%</b>
<b>Potassium</b>	<b>286.53 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>14.70 g</b>	<b>5%</b>
Dietary Fiber	1.65 g	7%
Sugars	5.27 g	n/a
<b>Protein</b>	<b>15.97 g</b>	
Vitamin A - 56%	Vitamin C - 12%	
Calcium - 32%	Iron - 7%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 16%	Niacin - 7%	
Vitamin B6 - 5%	Folic Acid - 5%	
Vitamin B12 - 3%	Pantothenic Acid - 7%	
Phosphorous - 10%	Magnesium - 4%	
Zinc - 4%	Copper - 7%	
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	0.798 mcg
Vitamin D	31.957 IU
Vitamin E	n/a
Vitamin E	0.003 IU
Vitamin E	n/a
Vitamin K	0.033 mcg
Vitamin A	2783.048 IU
Vitamin A	537.655 RE

Water Soluble Vitamins	
Thiamin B1	0.090 mg
Riboflavin B2	0.276 mg
Niacin B3	n/a
Niacin B3	1.463 mg
Pyridoxine B6	0.109 mg
Cobalamin B12	0.171 mcg
Pantothenic Acid	0.717 mg
Vitamin C	6.912 mg
Folic Acid	19.768 mcg

Minerals	
Phosphorus	98.111 mg
Zinc	0.576 mg
Magnesium	16.659 mg
Copper	0.138 mg
Selenium	7.654 mg
Iron	1.290 mg
Calcium	322.750 mg
Manganese	0.085 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

