

# RECIPE ANALYSIS

Recipe Name : G-55

Recipe Desc : Stuffed Shells/Italian Red Sce

Author :

Yield : 50

Serving Size : 3ozShell/4ozSce

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 3ozShell/4ozSce		
Amount Per Serving		
<b>Calories 559.20</b>	<b>Calories from Fat 223.23</b>	
% Daily Value		
<b>Total Fat</b>	<b>24.80 g</b>	<b>38%</b>
Saturated	12.90 g	64%
PolyUnSat	2.30 g	n/a
MonoUnSat	1.00 g	n/a
<b>Cholesterol</b>	<b>132.04 mg</b>	<b>44%</b>
<b>Sodium</b>	<b>1904.46 mg</b>	<b>79%</b>
<b>Potassium</b>	<b>1122.15 mg</b>	<b>32%</b>
<b>Total Carbs</b>	<b>53.10 g</b>	<b>18%</b>
Dietary Fiber	4.56 g	18%
Sugars	10.11 g	n/a
<b>Protein</b>	<b>30.91 g</b>	
Vitamin A - 24%	Vitamin C - 3%	
Calcium - 63%	Iron - 10%	
Vitamin E - n/a	Thiamin - n/a	
Riboflavin - n/a	Niacin - n/a	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin K	n/a
Vitamin A	1191.330 IU
Vitamin A	238.260 RE

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	1.620 mg
Folic Acid	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	1.800 mg
Calcium	627.690 mg
Manganese	n/a
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

