

RECIPE ANALYSIS

Recipe Name : G-43
Serving Size : 3 ravioli

Recipe Desc : Sundried Tom & Smk Chz Ravioli Author :
Prep Time : Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 3 ravioli		
Amount Per Serving		
Calories 180.73	Calories from Fat 78.68	
% Daily Value		
Total Fat	8.74 g	13%
Saturated	2.75 g	14%
PolyUnSat	1.17 g	n/a
MonoUnSat	3.59 g	n/a
Cholesterol	21.14 mg	7%
Sodium	169.05 mg	7%
Potassium	106.48 mg	3%
Total Carbs	20.25 g	7%
Dietary Fiber	1.98 g	8%
Sugars	3.42 g	n/a
Protein	6.23 g	
Vitamin A - 51%	Vitamin C - 39%	
Calcium - 9%	Iron - 5%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 4%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
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	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.498 mcg
Vitamin A	2552.640 IU
Vitamin A	510.529 RE

Water Soluble Vitamins	
Thiamin B1	0.027 mg
Riboflavin B2	0.017 mg
Niacin B3	n/a
Niacin B3	0.206 mg
Pyridoxine B6	0.076 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.005 mg
Vitamin C	23.207 mg
Folic Acid	3.425 mcg

Minerals	
Phosphorus	14.844 mg
Zinc	0.096 mg
Magnesium	5.036 mg
Copper	0.011 mg
Selenium	0.014 mg
Iron	0.912 mg
Calcium	93.372 mg
Manganese	0.074 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

