

RECIPE ANALYSIS

Recipe Name : G-28
Serving Size : 6zPasta,3zSce

Recipe Desc : Tortellini Alfredo
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 6zPasta,3zSce | | |
| Amount Per Serving | | |
| Calories 412.08 | Calories from Fat 107.47 | |
| | % Daily Value | |
| Total Fat | 11.94 g | 18% |
| Saturated | 6.72 g | 34% |
| PolyUnSat | 0.00 g | n/a |
| MonoUnSat | 0.00 g | n/a |
| Cholesterol | 55.83 mg | 19% |
| Sodium | 620.46 mg | 26% |
| Potassium | 8.86 mg | 0% |
| Total Carbs | 58.03 g | 19% |
| Dietary Fiber | 2.30 g | 9% |
| Sugars | 3.11 g | n/a |
| Protein | 17.93 g | |
| Vitamin A - 8% | Vitamin C - 0% | |
| Calcium - 20% | Iron - 12% | |
| Vitamin E - n/a | Thiamin - 0% | |
| Riboflavin - 0% | Niacin - 0% | |
| Vitamin B6 - 0% | Folic Acid - 0% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 0% | Magnesium - 0% | |
| Zinc - 0% | Copper - 0% | |
| 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 | 0.000 alp |
| Vitamin K | n/a |
| Vitamin A | 390.720 IU |
| Vitamin A | 78.141 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | 0.000 mg |
| Riboflavin B2 | 0.000 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.000 mg |
| Pyridoxine B6 | 0.000 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.000 mg |
| Vitamin C | 0.104 mg |
| Folic Acid | 0.000 mcg |

| Minerals | |
|------------|------------|
| Phosphorus | 0.000 mg |
| Zinc | 0.024 mg |
| Magnesium | 0.720 mg |
| Copper | 0.000 mg |
| Selenium | 0.000 mg |
| Iron | 2.250 mg |
| Calcium | 203.507 mg |
| Manganese | 0.000 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

