

# RECIPE ANALYSIS

Recipe Name : G-41  
Serving Size : 3/4 cup

Recipe Desc : Tortellini Stew  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 3/4 cup		
Amount Per Serving		
<b>Calories 160.15</b>	<b>Calories from Fat 40.05</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.45 g</b>	<b>7%</b>
Saturated	1.49 g	7%
PolyUnSat	0.39 g	n/a
MonoUnSat	1.62 g	n/a
<b>Cholesterol</b>	<b>11.12 mg</b>	<b>4%</b>
<b>Sodium</b>	<b>367.27 mg</b>	<b>15%</b>
<b>Potassium</b>	<b>244.70 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>23.43 g</b>	<b>8%</b>
Dietary Fiber	2.71 g	11%
Sugars	5.14 g	n/a
<b>Protein</b>	<b>6.64 g</b>	
Vitamin A - 89%	Vitamin C - 30%	
Calcium - 10%	Iron - 16%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 7%	Niacin - 5%	
Vitamin B6 - 6%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 4%	Magnesium - 3%	
Zinc - 2%	Copper - 5%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.355 mcg
Vitamin D	15.132 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.000 alp
Vitamin K	3.411 mcg
Vitamin A	4455.519 IU
Vitamin A	512.406 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.050 mg
Riboflavin B2	0.121 mg
Niacin B3	n/a
Niacin B3	1.057 mg
Pyridoxine B6	0.113 mg
Cobalamin B12	0.008 mcg
Pantothenic Acid	0.331 mg
Vitamin C	17.877 mg
Folic Acid	10.323 mcg

<b>Minerals</b>	
Phosphorus	37.920 mg
Zinc	0.283 mg
Magnesium	13.960 mg
Copper	0.099 mg
Selenium	1.711 mg
Iron	2.857 mg
Calcium	104.050 mg
Manganese	0.254 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
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.