

RECIPE ANALYSIS

Recipe Name : G-20
Serving Size : 2Crps/4tsp sce

Recipe Desc : Vegetable Crepes
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2Crps/4tsp sce		
Amount Per Serving		
Calories 126.56	Calories from Fat 41.48	
% Daily Value		
Total Fat	4.61 g	7%
Saturated	2.25 g	11%
PolyUnSat	2.00 g	n/a
MonoUnSat	1.00 g	n/a
Cholesterol	18.00 mg	6%
Sodium	224.74 mg	9%
Potassium	0.00 mg	0%
Total Carbs	17.87 g	6%
Dietary Fiber	0.81 g	3%
Sugars	5.49 g	n/a
Protein	4.72 g	
Vitamin A - 0%	Vitamin C - 24%	
Calcium - 2%	Iron - 17%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	19.565 IU
Vitamin A	3.914 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	0.000 NE
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	14.145 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	3.045 mg
Calcium	19.066 mg
Manganese	0.000 mg
Iodine	0.000 mcg

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

