

RECIPE ANALYSIS

Recipe Name : DORINDA2
Serving Size : 1 EACH

Recipe Desc : Vegetable Lasagna
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 931.34	Calories from Fat 209.19	
% Daily Value		
Total Fat	23.24 g	36%
Saturated	8.06 g	40%
PolyUnSat	1.15 g	n/a
MonoUnSat	5.38 g	n/a
Cholesterol	78.94 mg	26%
Sodium	712.78 mg	30%
Potassium	1371.60 mg	39%
Total Carbs	151.39 g	50%
Dietary Fiber	14.62 g	58%
Sugars	20.43 g	n/a
Protein	35.84 g	
Vitamin A - 97%	Vitamin C - 407%	
Calcium - 45%	Iron - 46%	
Vitamin E - n/a	Thiamin - 24%	
Riboflavin - 28%	Niacin - 25%	
Vitamin B6 - 39%	Folic Acid - 18%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 29%	Magnesium - 17%	
Zinc - 8%	Copper - 30%	
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	1.120 mcg
Vitamin D	93.534 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.454 alp
Vitamin K	6.116 mcg
Vitamin A	4866.498 IU
Vitamin A	958.189 RE

Water Soluble Vitamins	
Thiamin B1	0.358 mg
Riboflavin B2	0.478 mg
Niacin B3	n/a
Niacin B3	4.957 mg
Pyridoxine B6	0.779 mg
Cobalamin B12	0.025 mcg
Pantothenic Acid	0.407 mg
Vitamin C	244.436 mg
Folic Acid	71.252 mcg

Minerals	
Phosphorus	291.564 mg
Zinc	1.252 mg
Magnesium	67.876 mg
Copper	0.593 mg
Selenium	5.259 mg
Iron	8.341 mg
Calcium	452.249 mg
Manganese	0.773 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

