

RECIPE ANALYSIS

Recipe Name : G-58
Serving Size : 1 cup

Recipe Desc : Vegetable Risotto
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 264.12	Calories from Fat 61.46	
% Daily Value		
Total Fat	6.83 g	11%
Saturated	3.18 g	16%
PolyUnSat	0.69 g	n/a
MonoUnSat	1.10 g	n/a
Cholesterol	17.72 mg	6%
Sodium	628.52 mg	26%
Potassium	56.49 mg	2%
Total Carbs	41.49 g	14%
Dietary Fiber	3.28 g	13%
Sugars	2.15 g	n/a
Protein	11.04 g	
Vitamin A - 13%	Vitamin C - 5%	
Calcium - 19%	Iron - 3%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.047 mcg
Vitamin A	653.989 IU
Vitamin A	124.645 RE

Water Soluble Vitamins	
Thiamin B1	0.013 mg
Riboflavin B2	0.008 mg
Niacin B3	n/a
Niacin B3	0.064 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.038 mg
Vitamin C	2.989 mg
Folic Acid	1.106 mcg

Minerals	
Phosphorus	6.877 mg
Zinc	0.048 mg
Magnesium	3.083 mg
Copper	0.006 mg
Selenium	n/a
Iron	0.513 mg
Calcium	193.962 mg
Manganese	0.049 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

