

RECIPE ANALYSIS

Recipe Name : G-09
Serving Size : 1/6 Slice

Recipe Desc : Vegetarian Specialty Pizza
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 1/6 Slice		
Amount Per Serving		
Calories 212.22	Calories from Fat 70.79	
% Daily Value		
Total Fat	7.87 g	12%
Saturated	4.03 g	20%
PolyUnSat	0.20 g	n/a
MonoUnSat	1.83 g	n/a
Cholesterol	19.24 mg	6%
Sodium	422.37 mg	18%
Potassium	89.36 mg	3%
Total Carbs	22.90 g	8%
Dietary Fiber	1.71 g	7%
Sugars	2.53 g	n/a
Protein	12.90 g	
Vitamin A - 15%	Vitamin C - 35%	
Calcium - 29%	Iron - 8%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 11%	Niacin - 9%	
Vitamin B6 - 2%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 18%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	n/a
Vitamin E	0.035 alp
Vitamin K	0.734 mcg
Vitamin A	755.425 IU
Vitamin A	136.493 RE

Water Soluble Vitamins	
Thiamin B1	0.232 mg
Riboflavin B2	0.188 mg
Niacin B3	n/a
Niacin B3	1.894 mg
Pyridoxine B6	0.050 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.061 mg
Vitamin C	20.909 mg
Folic Acid	6.710 mcg

Minerals	
Phosphorus	182.008 mg
Zinc	0.066 mg
Magnesium	4.232 mg
Copper	0.010 mg
Selenium	0.000 mg
Iron	1.489 mg
Calcium	290.120 mg
Manganese	0.045 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

