

RECIPE ANALYSIS

Recipe Name : G-62
Serving Size : 6 oz.

Recipe Desc : Vegetarian Stromboli
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 261.47	Calories from Fat 75.25	
% Daily Value		
Total Fat	8.36 g	13%
Saturated	2.35 g	12%
PolyUnSat	1.60 g	n/a
MonoUnSat	1.92 g	n/a
Cholesterol	10.28 mg	3%
Sodium	982.93 mg	41%
Potassium	59.66 mg	2%
Total Carbs	34.08 g	11%
Dietary Fiber	3.43 g	14%
Sugars	4.58 g	n/a
Protein	11.88 g	
Vitamin A - 11%	Vitamin C - 25%	
Calcium - 15%	Iron - 10%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 13%	Niacin - 10%	
Vitamin B6 - 0%	Folic Acid - 13%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 13%	Magnesium - 2%	
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	554.631 IU
Vitamin A	110.927 RE

Water Soluble Vitamins	
Thiamin B1	0.271 mg
Riboflavin B2	0.217 mg
Niacin B3	n/a
Niacin B3	2.043 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	15.274 mg
Folic Acid	53.884 mcg

Minerals	
Phosphorus	134.248 mg
Zinc	0.000 mg
Magnesium	9.080 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.855 mg
Calcium	149.235 mg
Manganese	0.000 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

