

RECIPE ANALYSIS

Recipe Name : G-02
Serving Size : 2 rolls

Recipe Desc : Vegetarian Stuff. Cabbage Roll
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 rolls		
Amount Per Serving		
Calories 232.72	Calories from Fat 91.52	
% Daily Value		
Total Fat	10.17 g	16%
Saturated	0.92 g	5%
PolyUnSat	1.57 g	n/a
MonoUnSat	0.68 g	n/a
Cholesterol	0.01 mg	0%
Sodium	819.82 mg	34%
Potassium	946.07 mg	27%
Total Carbs	30.27 g	10%
Dietary Fiber	5.67 g	23%
Sugars	9.01 g	n/a
Protein	5.18 g	
Vitamin A - 23%	Vitamin C - 23%	
Calcium - 7%	Iron - 7%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 6%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 2%	
Zinc - 1%	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	n/a
Vitamin D	1.258 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	26.489 mcg
Vitamin A	1173.485 IU
Vitamin A	234.697 RE

Water Soluble Vitamins	
Thiamin B1	0.032 mg
Riboflavin B2	0.030 mg
Niacin B3	n/a
Niacin B3	0.174 mg
Pyridoxine B6	0.112 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	14.083 mg
Folic Acid	21.153 mcg

Minerals	
Phosphorus	16.499 mg
Zinc	0.113 mg
Magnesium	8.731 mg
Copper	0.014 mg
Selenium	0.389 mg
Iron	1.291 mg
Calcium	66.538 mg
Manganese	0.095 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

