

RECIPE ANALYSIS

Recipe Name : G-50
Serving Size : 6 oz.

Recipe Desc : Veggie Curry over Couscous
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 496.02	Calories from Fat 43.39	
% Daily Value		
Total Fat	4.82 g	7%
Saturated	0.39 g	2%
PolyUnSat	3.50 g	n/a
MonoUnSat	0.70 g	n/a
Cholesterol	0.00 mg	0%
Sodium	342.27 mg	14%
Potassium	263.77 mg	8%
Total Carbs	100.34 g	33%
Dietary Fiber	11.58 g	46%
Sugars	4.13 g	n/a
Protein	14.65 g	
Vitamin A - 8%	Vitamin C - 37%	
Calcium - 9%	Iron - 22%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 7%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 3%	
Zinc - 1%	Copper - 2%	
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	0.719 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.795 mcg
Vitamin A	403.698 IU
Vitamin A	66.934 RE

Water Soluble Vitamins	
Thiamin B1	0.042 mg
Riboflavin B2	0.043 mg
Niacin B3	0.000 NE
Niacin B3	0.247 mg
Pyridoxine B6	0.059 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	22.043 mg
Folic Acid	26.458 mcg

Minerals	
Phosphorus	25.335 mg
Zinc	0.209 mg
Magnesium	11.874 mg
Copper	0.033 mg
Selenium	0.036 mg
Iron	3.957 mg
Calcium	91.971 mg
Manganese	0.115 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

