

RECIPE ANALYSIS

Recipe Name : O-58
Serving Size : 1/2 Cup

Recipe Desc : Rice Pudding
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 180.87	Calories from Fat 37.55	
% Daily Value		
Total Fat	4.17 g	6%
Saturated	2.30 g	12%
PolyUnSat	0.14 g	n/a
MonoUnSat	0.36 g	n/a
Cholesterol	54.37 mg	18%
Sodium	200.28 mg	8%
Potassium	45.98 mg	1%
Total Carbs	31.49 g	10%
Dietary Fiber	0.40 g	2%
Sugars	4.81 g	n/a
Protein	5.47 g	
Vitamin A - 4%	Vitamin C - 2%	
Calcium - 13%	Iron - 3%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 3%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 6%	
Vitamin B12 - 2%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 1%	
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	0.123 mcg
Vitamin D	44.940 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	181.696 IU
Vitamin A	36.312 RE

Water Soluble Vitamins	
Thiamin B1	0.066 mg
Riboflavin B2	0.051 mg
Niacin B3	n/a
Niacin B3	0.045 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.095 mcg
Pantothenic Acid	0.122 mg
Vitamin C	1.116 mg
Folic Acid	23.129 mcg

Minerals	
Phosphorus	21.310 mg
Zinc	0.117 mg
Magnesium	2.447 mg
Copper	0.016 mg
Selenium	2.926 mg
Iron	0.587 mg
Calcium	134.397 mg
Manganese	0.016 mg
Iodine	15.680 mcg

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

