



**Egg White Crepe (continued)**

EGG WHITE, CHICKEN, RAW	.1	.1		.3								.9	.2	
RICOTTA CHEESE, PART SKIM				6.7	4.2	.1	.2	26.4		91	326.6	.0	.2	.1
OLIVE OIL				13.5	1.9	.1	1.3							
SUGAR SUBSTITUTE, SLENDA														
CINNAMON, GROUND			.9	.1	.0					.2	4.8			.0
Recipe Total:	.1	.1	.9	20.6	6.1	.2	1.5	26.4		91.2	331.4	.0	1	.3
Single Serving Total:	.1	.1	.9	20.6	6.1	.2	1.5	26.4		91.2	331.4	.0	1	.3

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-A (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
EGG WHITE, CHICKEN, RAW	.4	.0	7.9	7.9		7.9	.2						13.9	21.8
RICOTTA CHEESE, PART SKIM	.2	.0	11.1	11.1		11.1	.2				.1		231.3	12.8
OLIVE OIL											1.9		.1	
SUGAR SUBSTITUTE, SLENDA														
CINNAMON, GROUND			.5	.5		.5			.5		.0		21.2	1
Recipe Total:	.6	.0	19.5	19.5		19.5	.4		.5		2		266.5	35.5
Single Serving Total:	.6	.0	19.5	19.5		19.5	.4		.5		2		266.5	35.5

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
EGG WHITE, CHICKEN, RAW	29.7	322.7	328.7			.0			.2	.0		39.6	.1
RICOTTA CHEESE, PART SKIM	155.6	106.3	106.3			.0			.4			14.2	1.1
OLIVE OIL		.1	.3						.1				
SUGAR SUBSTITUTE, SLENDA													
CINNAMON, GROUND	1.1	8.6	.4						.7	.3		.0	.0
Recipe Total:	186.4	437.8	435.7			.1			1.3	.3		53.8	1.2
Single Serving Total:	186.4	437.8	435.7			.1			1.3	.3		53.8	1.2