

RECIPE ANALYSIS

Recipe Name : HOOVER5
Serving Size : 1 EACH

Recipe Desc : Pineapple Millionaire Pie
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 617.94	Calories from Fat 265.13	
% Daily Value		
Total Fat	29.46 g	45%
Saturated	12.05 g	60%
PolyUnSat	3.54 g	n/a
MonoUnSat	3.59 g	n/a
Cholesterol	98.02 mg	33%
Sodium	261.69 mg	11%
Potassium	39.36 mg	1%
Total Carbs	86.61 g	29%
Dietary Fiber	1.05 g	4%
Sugars	3.94 g	n/a
Protein	4.11 g	
Vitamin A - 31%	Vitamin C - 4%	
Calcium - 3%	Iron - 4%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 6%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 3%	Pantothenic Acid - 2%	
Phosphorous - 4%	Magnesium - 1%	
Zinc - 1%	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	0.163 mcg
Vitamin D	6.500 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1531.820 IU
Vitamin A	342.635 RE

Water Soluble Vitamins	
Thiamin B1	0.013 mg
Riboflavin B2	0.094 mg
Niacin B3	n/a
Niacin B3	0.021 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.177 mcg
Pantothenic Acid	0.231 mg
Vitamin C	2.255 mg
Folic Acid	6.932 mcg

Minerals	
Phosphorus	40.071 mg
Zinc	0.203 mg
Magnesium	3.258 mg
Copper	0.004 mg
Selenium	3.850 mg
Iron	0.741 mg
Calcium	32.259 mg
Manganese	0.003 mg
Iodine	3.920 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

