

RECIPE ANALYSIS

Recipe Name : F-01
Serving Size : 10 ounces

Recipe Desc : Antipasto Relish Tray
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 10 ounces		
Amount Per Serving		
Calories 154.28	Calories from Fat 91.45	
% Daily Value		
Total Fat	10.16 g	16%
Saturated	3.53 g	18%
PolyUnSat	1.03 g	n/a
MonoUnSat	4.85 g	n/a
Cholesterol	124.17 mg	41%
Sodium	475.78 mg	20%
Potassium	472.56 mg	14%
Total Carbs	9.54 g	3%
Dietary Fiber	3.75 g	15%
Sugars	3.28 g	n/a
Protein	8.19 g	
Vitamin A - 133%	Vitamin C - 75%	
Calcium - 29%	Iron - 14%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 13%	Niacin - 5%	
Vitamin B6 - 8%	Folic Acid - 14%	
Vitamin B12 - 4%	Pantothenic Acid - 4%	
Phosphorous - 9%	Magnesium - 7%	
Zinc - 6%	Copper - 7%	
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	0.325	mcg
Vitamin D	13.382	IU
Vitamin E	0.000	mg
Vitamin E	0.000	IU
Vitamin E	0.444	alp
Vitamin K	127.412	mcg
Vitamin A	6628.004	IU
Vitamin A	1314.720	RE

Water Soluble Vitamins		
Thiamin B1	0.115	mg
Riboflavin B2	0.217	mg
Niacin B3	0.000	NE
Niacin B3	0.922	mg
Pyridoxine B6	0.166	mg
Cobalamin B12	0.251	mcg
Pantothenic Acid	0.405	mg
Vitamin C	45.024	mg
Folic Acid	54.146	mcg

Minerals		
Phosphorus	92.351	mg
Zinc	0.967	mg
Magnesium	28.800	mg
Copper	0.138	mg
Selenium	8.122	mg
Iron	2.487	mg
Calcium	291.039	mg
Manganese	0.312	mg
Iodine	0.000	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

