

RECIPE ANALYSIS

Recipe Name : F-2
Serving Size : 1 EACH

Recipe Desc : Banana Split Salad Plate
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 224.64	Calories from Fat 39.12	
% Daily Value		
Total Fat	4.35 g	7%
Saturated	2.40 g	12%
PolyUnSat	0.04 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	18.82 mg	6%
Sodium	390.38 mg	16%
Potassium	401.18 mg	11%
Total Carbs	37.43 g	12%
Dietary Fiber	3.02 g	12%
Sugars	13.43 g	n/a
Protein	12.67 g	
Vitamin A - 48%	Vitamin C - 25%	
Calcium - 13%	Iron - 4%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 3%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 2%	
Zinc - 1%	Copper - 3%	
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	0.000 IU
Vitamin E	n/a
Vitamin E	0.270 IU
Vitamin E	n/a
Vitamin K	49.219 mcg
Vitamin A	2381.046 IU
Vitamin A	476.211 RE

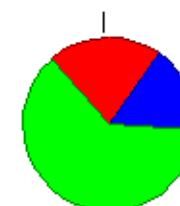
Water Soluble Vitamins	
Thiamin B1	0.034 mg
Riboflavin B2	0.034 mg
Niacin B3	n/a
Niacin B3	0.350 mg
Pyridoxine B6	0.054 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.040 mg
Vitamin C	14.714 mg
Folic Acid	12.725 mcg

Minerals	
Phosphorus	14.805 mg
Zinc	0.102 mg
Magnesium	7.088 mg
Copper	0.053 mg
Selenium	0.157 mg
Iron	0.699 mg
Calcium	126.783 mg
Manganese	0.166 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.