

# RECIPE ANALYSIS

**Recipe Name : F-06**  
**Serving Size : 2 cups**

**Recipe Desc : Chef's Salad Bowl**  
**Prep Time :**

**Author :**  
**Cook Time :**

**Yield : 100**

<b>Nutrition Information</b>		
Serving Size: 2 cups		
Amount Per Serving		
<b>Calories 257.42</b>	<b>Calories from Fat 146.36</b>	
% Daily Value		
<b>Total Fat</b>	<b>16.26 g</b>	<b>25%</b>
Saturated	9.70 g	49%
PolyUnSat	7.03 g	n/a
MonoUnSat	2.54 g	n/a
<b>Cholesterol</b>	<b>37.12 mg</b>	<b>12%</b>
<b>Sodium</b>	<b>467.20 mg</b>	<b>19%</b>
<b>Potassium</b>	<b>366.74 mg</b>	<b>10%</b>
<b>Total Carbs</b>	<b>15.32 g</b>	<b>5%</b>
Dietary Fiber	3.64 g	15%
Sugars	11.11 g	n/a
<b>Protein</b>	<b>15.03 g</b>	
Vitamin A - 115%	Vitamin C - 49%	
Calcium - 21%	Iron - 10%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 6%	Niacin - 6%	
Vitamin B6 - 11%	Folic Acid - 1%	
Vitamin B12 - 1%	Pantothenic Acid - 3%	
Phosphorous - 7%	Magnesium - 5%	
Zinc - 7%	Copper - 4%	
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	0.056 mcg
Vitamin D	2.751 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.429 alp
Vitamin K	23.292 mcg
Vitamin A	5753.240 IU
Vitamin A	1150.638 RE

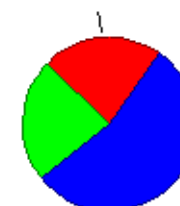
Water Soluble Vitamins	
Thiamin B1	0.072 mg
Riboflavin B2	0.102 mg
Niacin B3	0.080 NE
Niacin B3	1.286 mg
Pyridoxine B6	0.215 mg
Cobalamin B12	0.076 mcg
Pantothenic Acid	0.293 mg
Vitamin C	29.419 mg
Folic Acid	5.451 mcg

Minerals	
Phosphorus	69.956 mg
Zinc	0.990 mg
Magnesium	20.112 mg
Copper	0.084 mg
Selenium	6.052 mg
Iron	1.835 mg
Calcium	210.703 mg
Manganese	0.199 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.