

# RECIPE ANALYSIS

Recipe Name : F-8  
Serving Size : 1 EACH

Recipe Desc : Cottage Cheese and Fruit Plate  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 202.14</b>	<b>Calories from Fat 43.35</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.82 g</b>	<b>7%</b>
Saturated	3.07 g	15%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>25.01 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>474.52 mg</b>	<b>20%</b>
<b>Potassium</b>	<b>285.79 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>27.94 g</b>	<b>9%</b>
Dietary Fiber	2.39 g	10%
Sugars	15.98 g	n/a
<b>Protein</b>	<b>15.21 g</b>	
Vitamin A - 25%	Vitamin C - 15%	
Calcium - 13%	Iron - 4%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 4%	Niacin - 4%	
Vitamin B6 - 5%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 3%	Magnesium - 3%	
Zinc - 1%	Copper - 6%	
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	1.150 IU
Vitamin E	0.051 alp
Vitamin K	6.840 mcg
Vitamin A	1271.130 IU
Vitamin A	197.528 RE

Water Soluble Vitamins	
Thiamin B1	0.075 mg
Riboflavin B2	0.066 mg
Niacin B3	0.031 NE
Niacin B3	0.765 mg
Pyridoxine B6	0.096 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.247 mg
Vitamin C	8.821 mg
Folic Acid	20.521 mcg

Minerals	
Phosphorus	27.146 mg
Zinc	0.203 mg
Magnesium	13.468 mg
Copper	0.118 mg
Selenium	0.039 mg
Iron	0.711 mg
Calcium	129.237 mg
Manganese	0.843 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**

