

RECIPE ANALYSIS

Recipe Name : F-27
Serving Size : 1/2 cup salad

Recipe Desc : Emerald Turkey Salad Plate
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 cup salad		
Amount Per Serving		
Calories 447.13	Calories from Fat 133.36	
% Daily Value		
Total Fat	14.82 g	23%
Saturated	2.21 g	11%
PolyUnSat	4.64 g	n/a
MonoUnSat	1.76 g	n/a
Cholesterol	146.83 mg	49%
Sodium	485.45 mg	20%
Potassium	353.91 mg	10%
Total Carbs	27.84 g	9%
Dietary Fiber	1.29 g	5%
Sugars	8.16 g	n/a
Protein	47.43 g	
Vitamin A - 0%	Vitamin C - 11%	
Calcium - 3%	Iron - 22%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 17%	Niacin - 35%	
Vitamin B6 - 42%	Folic Acid - 3%	
Vitamin B12 - 10%	Pantothenic Acid - 11%	
Phosphorous - 28%	Magnesium - 13%	
Zinc - 38%	Copper - 16%	
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	0.428 mcg
Vitamin D	16.991 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	21.767 IU
Vitamin A	4.353 RE

Water Soluble Vitamins	
Thiamin B1	0.168 mg
Riboflavin B2	0.295 mg
Niacin B3	n/a
Niacin B3	7.060 mg
Pyridoxine B6	0.839 mg
Cobalamin B12	0.583 mcg
Pantothenic Acid	1.065 mg
Vitamin C	6.387 mg
Folic Acid	10.268 mcg

Minerals	
Phosphorus	279.639 mg
Zinc	5.643 mg
Magnesium	50.089 mg
Copper	0.319 mg
Selenium	45.464 mg
Iron	3.915 mg
Calcium	28.300 mg
Manganese	0.104 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

