

RECIPE ANALYSIS

Recipe Name : F-10
Serving Size : 1 EACH

Recipe Desc : Fresh Fruit Plate
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 289.07	Calories from Fat 69.79	
% Daily Value		
Total Fat	7.75 g	12%
Saturated	4.89 g	24%
PolyUnSat	0.14 g	n/a
MonoUnSat	0.04 g	n/a
Cholesterol	40.14 mg	13%
Sodium	763.14 mg	32%
Potassium	417.35 mg	12%
Total Carbs	34.92 g	12%
Dietary Fiber	3.38 g	14%
Sugars	7.42 g	n/a
Protein	23.97 g	
Vitamin A - 11%	Vitamin C - 147%	
Calcium - 19%	Iron - 3%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 4%	Niacin - 5%	
Vitamin B6 - 9%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 3%	Magnesium - 5%	
Zinc - 2%	Copper - 5%	
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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.090 alp
Vitamin K	n/a
Vitamin A	552.843 IU
Vitamin A	108.781 RE

Water Soluble Vitamins	
Thiamin B1	0.079 mg
Riboflavin B2	0.075 mg
Niacin B3	n/a
Niacin B3	1.000 mg
Pyridoxine B6	0.189 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.388 mg
Vitamin C	88.438 mg
Folic Acid	44.483 mcg

Minerals	
Phosphorus	33.988 mg
Zinc	0.276 mg
Magnesium	20.277 mg
Copper	0.093 mg
Selenium	n/a
Iron	0.600 mg
Calcium	188.946 mg
Manganese	0.545 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.