

# RECIPE ANALYSIS

Recipe Name : F-30  
Serving Size : 1 plate

Recipe Desc : Marinated Garden Salad Plate  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 plate		
Amount Per Serving		
<b>Calories 360.76</b>	<b>Calories from Fat 245.07</b>	
% Daily Value		
<b>Total Fat</b>	<b>27.23 g</b>	<b>42%</b>
Saturated	4.12 g	21%
PolyUnSat	0.39 g	n/a
MonoUnSat	0.07 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>785.81 mg</b>	<b>33%</b>
<b>Potassium</b>	<b>1153.94 mg</b>	<b>33%</b>
<b>Total Carbs</b>	<b>30.17 g</b>	<b>10%</b>
Dietary Fiber	7.03 g	28%
Sugars	7.89 g	n/a
<b>Protein</b>	<b>7.11 g</b>	
Vitamin A - 260%	Vitamin C - 353%	
Calcium - 17%	Iron - 13%	
Vitamin E - n/a	Thiamin - 17%	
Riboflavin - 16%	Niacin - 12%	
Vitamin B6 - 33%	Folic Acid - 36%	
Vitamin B12 - 0%	Pantothenic Acid - 14%	
Phosphorous - 19%	Magnesium - 18%	
Zinc - 8%	Copper - 14%	
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	0.132 mg
Vitamin E	n/a
Vitamin E	0.225 alp
Vitamin K	16.788 mcg
Vitamin A	13001.087 IU
Vitamin A	2180.817 RE

Water Soluble Vitamins	
Thiamin B1	0.248 mg
Riboflavin B2	0.268 mg
Niacin B3	n/a
Niacin B3	2.339 mg
Pyridoxine B6	0.651 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	1.395 mg
Vitamin C	212.000 mg
Folic Acid	143.291 mcg

Minerals	
Phosphorus	190.042 mg
Zinc	1.158 mg
Magnesium	73.562 mg
Copper	0.285 mg
Selenium	0.053 mg
Iron	2.411 mg
Calcium	166.276 mg
Manganese	0.732 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.