

# RECIPE ANALYSIS

**Recipe Name :** F-11  
**Serving Size :** 1 EACH

**Recipe Desc :** Fresh Pineapple/Shrimp Salad  
**Prep Time :**

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

**Yield :** 50

<b>Nutrition Information</b>		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 384.49</b>	<b>Calories from Fat 108.22</b>	
% Daily Value		
<b>Total Fat</b>	<b>12.02 g</b>	<b>18%</b>
Saturated	1.21 g	6%
PolyUnSat	4.92 g	n/a
MonoUnSat	1.95 g	n/a
<b>Cholesterol</b>	<b>106.65 mg</b>	<b>36%</b>
<b>Sodium</b>	<b>916.82 mg</b>	<b>38%</b>
<b>Potassium</b>	<b>579.13 mg</b>	<b>17%</b>
<b>Total Carbs</b>	<b>63.42 g</b>	<b>21%</b>
Dietary Fiber	3.78 g	15%
Sugars	4.09 g	n/a
<b>Protein</b>	<b>14.84 g</b>	
Vitamin A - 41%	Vitamin C - 46%	
Calcium - 9%	Iron - 17%	
Vitamin E - n/a	Thiamin - 19%	
Riboflavin - 10%	Niacin - 6%	
Vitamin B6 - 16%	Folic Acid - 9%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 4%	Magnesium - 7%	
Zinc - 2%	Copper - 10%	
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	2.246 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.103 alp
Vitamin K	47.684 mcg
Vitamin A	2047.715 IU
Vitamin A	406.948 RE

Water Soluble Vitamins	
Thiamin B1	0.292 mg
Riboflavin B2	0.173 mg
Niacin B3	n/a
Niacin B3	1.149 mg
Pyridoxine B6	0.314 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.200 mg
Vitamin C	27.821 mg
Folic Acid	36.583 mcg

Minerals	
Phosphorus	38.166 mg
Zinc	0.230 mg
Magnesium	29.281 mg
Copper	0.206 mg
Selenium	0.238 mg
Iron	3.101 mg
Calcium	94.773 mg
Manganese	3.035 mg
Iodine	24.500 mcg

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.