

# RECIPE ANALYSIS

Recipe Name : F-12  
Serving Size : 1 EACH

Recipe Desc : Fruit and Cheese Plate  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 202.09</b>	<b>Calories from Fat 9.70</b>	
% Daily Value		
<b>Total Fat</b>	<b>1.08 g</b>	<b>2%</b>
Saturated	0.31 g	2%
PolyUnSat	0.08 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>1.22 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>57.78 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>608.72 mg</b>	<b>17%</b>
<b>Total Carbs</b>	<b>49.94 g</b>	<b>17%</b>
Dietary Fiber	5.61 g	22%
Sugars	14.33 g	n/a
<b>Protein</b>	<b>2.81 g</b>	
Vitamin A - 107%	Vitamin C - 103%	
Calcium - 9%	Iron - 8%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 7%	Niacin - 5%	
Vitamin B6 - 10%	Folic Acid - 19%	
Vitamin B12 - 0%	Pantothenic Acid - 5%	
Phosphorous - 5%	Magnesium - 7%	
Zinc - 2%	Copper - 9%	
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	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	94.500 mcg
Vitamin A	5370.418 IU
Vitamin A	953.470 RE

Water Soluble Vitamins	
Thiamin B1	0.171 mg
Riboflavin B2	0.122 mg
Niacin B3	n/a
Niacin B3	1.014 mg
Pyridoxine B6	0.204 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.479 mg
Vitamin C	62.008 mg
Folic Acid	76.009 mcg

Minerals	
Phosphorus	46.786 mg
Zinc	0.313 mg
Magnesium	29.195 mg
Copper	0.173 mg
Selenium	1.302 mg
Iron	1.497 mg
Calcium	86.306 mg
Manganese	0.603 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.