

# RECIPE ANALYSIS

Recipe Name : F-5  
Serving Size : 1 EACH

Recipe Desc : Melon Salad Plate  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 226.12</b>	<b>Calories from Fat 19.60</b>	
% Daily Value		
<b>Total Fat</b>	<b>2.18 g</b>	<b>3%</b>
Saturated	0.03 g	0%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>323.36 mg</b>	<b>13%</b>
<b>Potassium</b>	<b>381.58 mg</b>	<b>11%</b>
<b>Total Carbs</b>	<b>50.57 g</b>	<b>17%</b>
Dietary Fiber	2.68 g	11%
Sugars	9.09 g	n/a
<b>Protein</b>	<b>5.81 g</b>	
Vitamin A - 91%	Vitamin C - 120%	
Calcium - 13%	Iron - 11%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 11%	Niacin - 11%	
Vitamin B6 - 5%	Folic Acid - 21%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 3%	Magnesium - 4%	
Zinc - 1%	Copper - 3%	
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	47.250 mcg
Vitamin A	4552.999 IU
Vitamin A	825.323 RE

Water Soluble Vitamins	
Thiamin B1	0.323 mg
Riboflavin B2	0.183 mg
Niacin B3	n/a
Niacin B3	2.278 mg
Pyridoxine B6	0.093 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.203 mg
Vitamin C	72.210 mg
Folic Acid	82.673 mcg

Minerals	
Phosphorus	29.736 mg
Zinc	0.125 mg
Magnesium	17.207 mg
Copper	0.058 mg
Selenium	1.151 mg
Iron	2.063 mg
Calcium	133.635 mg
Manganese	0.141 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**

