

# RECIPE ANALYSIS

Recipe Name : F-18  
Serving Size : 1 EACH

Recipe Desc : Relish Plate  
Prep Time :

Author :  
Cook Time :

Yield : 50

| Nutrition Information                                   |                               |           |
|---|-------------------------------|-----------|
| Serving Size: 1 each                                    |                               |           |
| Amount Per Serving                                      |                               |           |
| <b>Calories 27.43</b>                                   | <b>Calories from Fat 9.99</b> |           |
| % Daily Value   |                               |           |
| <b>Total Fat</b>  | <b>1.11 g</b>                 | <b>2%</b> |
| Saturated   | 0.02 g                        | 0%        |
| PolyUnSat   | 0.06 g                        | n/a       |
| MonoUnSat   | 0.00 g                        | n/a       |
| <b>Cholesterol</b>                                      | <b>0.00 mg</b>                | <b>0%</b> |
| <b>Sodium</b>   | <b>69.29 mg</b>               | <b>3%</b> |
| <b>Potassium</b>  | <b>177.79 mg</b>              | <b>5%</b> |
| <b>Total Carbs</b>                                      | <b>3.94 g</b>                 | <b>1%</b> |
| Dietary Fiber   | 1.33 g                        | 5%        |
| Sugars  | 1.56 g                        | n/a       |
| <b>Protein</b>  | <b>0.81 g</b>                 |           |
| Vitamin A - 100%  | Vitamin C - 18%               |           |
| Calcium - 3%  | Iron - 4%                     |           |
| Vitamin E - n/a   | Thiamin - 3%                  |           |
| Riboflavin - 3%   | Niacin - 2%                   |           |
| Vitamin B6 - 3%   | Folic Acid - 6%               |           |
| Vitamin B12 - 0%  | Pantothenic Acid - 1%         |           |
| Phosphorous - 2%  | Magnesium - 3%                |           |
| Zinc - 1%   | Copper - 1%                   |           |
| 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            | 0.002 mg    |
| Vitamin E            | n/a         |
| Vitamin E            | 0.007 alp   |
| Vitamin K            | 53.366 mcg  |
| Vitamin A            | 5001.320 IU |
| Vitamin A            | 976.677 RE  |

| Water Soluble Vitamins |            |
|------------------------|------------|
| Thiamin B1             | 0.044 mg   |
| Riboflavin B2          | 0.044 mg   |
| Niacin B3              | n/a        |
| Niacin B3              | 0.379 mg   |
| Pyridoxine B6          | 0.069 mg   |
| Cobalamin B12          | 0.000 mcg  |
| Pantothenic Acid       | 0.061 mg   |
| Vitamin C              | 10.894 mg  |
| Folic Acid             | 23.142 mcg |

| Minerals   |           |
|------------|-----------|
| Phosphorus | 21.801 mg |
| Zinc       | 0.170 mg  |
| Magnesium  | 11.005 mg |
| Copper     | 0.028 mg  |
| Selenium   | 0.169 mg  |
| Iron       | 0.638 mg  |
| Calcium    | 26.105 mg |
| Manganese  | 0.122 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

