

RECIPE ANALYSIS

Recipe Name : F-20
Serving Size : 1 EACH

Recipe Desc : Stuffed Tomato/Tuna Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 152.77	Calories from Fat 96.68	
% Daily Value		
Total Fat	10.74 g	17%
Saturated	1.55 g	8%
PolyUnSat	6.60 g	n/a
MonoUnSat	2.60 g	n/a
Cholesterol	28.80 mg	10%
Sodium	218.87 mg	9%
Potassium	354.18 mg	10%
Total Carbs	5.77 g	2%
Dietary Fiber	1.86 g	7%
Sugars	3.85 g	n/a
Protein	9.42 g	
Vitamin A - 23%	Vitamin C - 28%	
Calcium - 2%	Iron - 2%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 4%	
Vitamin B6 - 5%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 4%	Magnesium - 4%	
Zinc - 2%	Copper - 4%	
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	1.437 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.694 alp
Vitamin K	5.317 mcg
Vitamin A	1154.526 IU
Vitamin A	230.905 RE

Water Soluble Vitamins	
Thiamin B1	0.047 mg
Riboflavin B2	0.032 mg
Niacin B3	n/a
Niacin B3	0.816 mg
Pyridoxine B6	0.109 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.115 mg
Vitamin C	16.951 mg
Folic Acid	6.467 mcg

Minerals	
Phosphorus	35.096 mg
Zinc	0.245 mg
Magnesium	16.294 mg
Copper	0.079 mg
Selenium	0.072 mg
Iron	0.387 mg
Calcium	20.072 mg
Manganese	0.161 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.