

# RECIPE ANALYSIS

Recipe Name : F-23  
Serving Size : 1 EACH

Recipe Desc : Pita Bread Plate w/Tuna Salad  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 185.28</b>	<b>Calories from Fat 103.35</b>	
% Daily Value		
<b>Total Fat</b>	<b>11.48 g</b>	<b>18%</b>
Saturated	1.51 g	8%
PolyUnSat	6.48 g	n/a
MonoUnSat	2.54 g	n/a
<b>Cholesterol</b>	<b>28.80 mg</b>	<b>10%</b>
<b>Sodium</b>	<b>226.61 mg</b>	<b>9%</b>
<b>Potassium</b>	<b>444.90 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>12.57 g</b>	<b>4%</b>
Dietary Fiber	2.37 g	9%
Sugars	7.64 g	n/a
<b>Protein</b>	<b>10.12 g</b>	
Vitamin A - 58%	Vitamin C - 40%	
Calcium - 3%	Iron - 5%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 3%	Niacin - 2%	
Vitamin B6 - 3%	Folic Acid - 5%	
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	0.000 mcg
Vitamin D	1.437 IU
Vitamin E	0.000 mg
Vitamin E	0.290 IU
Vitamin E	0.023 alp
Vitamin K	64.292 mcg
Vitamin A	2896.092 IU
Vitamin A	579.219 RE

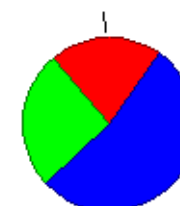
Water Soluble Vitamins	
Thiamin B1	0.047 mg
Riboflavin B2	0.052 mg
Niacin B3	0.000 NE
Niacin B3	0.399 mg
Pyridoxine B6	0.059 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.160 mg
Vitamin C	24.009 mg
Folic Acid	18.210 mcg

Minerals	
Phosphorus	34.510 mg
Zinc	0.204 mg
Magnesium	15.035 mg
Copper	0.050 mg
Selenium	0.229 mg
Iron	0.854 mg
Calcium	28.037 mg
Manganese	0.145 mg
Iodine	0.000 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.