

# RECIPE ANALYSIS

Recipe Name : F-24  
Serving Size : 1 plate

Recipe Desc : Yogurt Stuffed Mellon Plate  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 plate		
Amount Per Serving		
<b>Calories 263.37</b>	<b>Calories from Fat 169.62</b>	
% Daily Value		
<b>Total Fat</b>	<b>18.85 g</b>	<b>29%</b>
Saturated	10.53 g	53%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>33.75 mg</b>	<b>11%</b>
<b>Sodium</b>	<b>466.17 mg</b>	<b>19%</b>
<b>Potassium</b>	<b>79.71 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>16.72 g</b>	<b>6%</b>
Dietary Fiber	1.18 g	5%
Sugars	14.36 g	n/a
<b>Protein</b>	<b>17.03 g</b>	
Vitamin A - 56%	Vitamin C - 24%	
Calcium - 49%	Iron - 3%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
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	n/a
Vitamin K	31.500 mcg
Vitamin A	2814.910 IU
Vitamin A	562.982 RE

Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.015 mg
Niacin B3	n/a
Niacin B3	0.071 mg
Pyridoxine B6	0.015 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	14.330 mg
Folic Acid	7.056 mcg

Minerals	
Phosphorus	5.040 mg
Zinc	0.030 mg
Magnesium	2.520 mg
Copper	0.005 mg
Selenium	0.101 mg
Iron	0.472 mg
Calcium	493.217 mg
Manganese	0.045 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

