

RECIPE ANALYSIS

Recipe Name : I-01
Serving Size : 3oz (#12 Scoop)

Recipe Desc : Ambrosia
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 3oz (#12 Scoop)		
Amount Per Serving		
Calories 95.16	Calories from Fat 9.79	
	% Daily Value	
Total Fat	1.09 g	2%
Saturated	1.01 g	5%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.06 g	n/a
Cholesterol	0.00 mg	0%
Sodium	27.50 mg	1%
Potassium	12.90 mg	0%
Total Carbs	20.52 g	7%
Dietary Fiber	0.41 g	2%
Sugars	17.92 g	n/a
Protein	0.11 g	
Vitamin A - 0%	Vitamin C - 18%	
Calcium - 2%	Iron - 1%	
Vitamin E - n/a	Thiamin - n/a	
Riboflavin - n/a	Niacin - n/a	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin A	0.000 IU
Vitamin A	0.000 RE

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	10.746 mg
Folic Acid	n/a

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	0.258 mg
Calcium	16.538 mg
Manganese	n/a
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

