

RECIPE ANALYSIS

Recipe Name : I-112
Serving Size : 3 ounces

Recipe Desc : Apple, Celery and Grape Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 3 ounces		
Amount Per Serving		
Calories 51.39	Calories from Fat 24.93	
% Daily Value		
Total Fat	2.77 g	4%
Saturated	0.47 g	2%
PolyUnSat	1.21 g	n/a
MonoUnSat	0.48 g	n/a
Cholesterol	4.80 mg	2%
Sodium	71.08 mg	3%
Potassium	79.11 mg	2%
Total Carbs	7.59 g	3%
Dietary Fiber	0.89 g	4%
Sugars	3.91 g	n/a
Protein	0.19 g	
Vitamin A - 1%	Vitamin C - 2%	
Calcium - 1%	Iron - 0%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	0.719 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	2.659 mcg
Vitamin A	63.226 IU
Vitamin A	12.645 RE

Water Soluble Vitamins	
Thiamin B1	0.017 mg
Riboflavin B2	0.014 mg
Niacin B3	n/a
Niacin B3	0.077 mg
Pyridoxine B6	0.022 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.003 mg
Vitamin C	1.491 mg
Folic Acid	3.853 mcg

Minerals	
Phosphorus	4.209 mg
Zinc	0.019 mg
Magnesium	1.782 mg
Copper	0.010 mg
Selenium	0.036 mg
Iron	0.067 mg
Calcium	6.368 mg
Manganese	0.123 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

