

RECIPE ANALYSIS

Recipe Name : I-04
Serving Size : 1/2 Cup

Recipe Desc : Autumn Delight
Prep Time :

Author :
Cook Time :

Yield : 10

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 126.64	Calories from Fat 1.78	
% Daily Value		
Total Fat	0.20 g	0%
Saturated	0.00 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	118.74 mg	5%
Potassium	63.22 mg	2%
Total Carbs	29.34 g	10%
Dietary Fiber	2.16 g	9%
Sugars	26.87 g	n/a
Protein	2.06 g	
Vitamin A - 43%	Vitamin C - 39%	
Calcium - 4%	Iron - 4%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 0%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	2137.036 IU
Vitamin A	427.407 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	23.381 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	25.515 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.800 mg
Calcium	39.680 mg
Manganese	0.000 mg
Iodine	2.548 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

