

# RECIPE ANALYSIS

Recipe Name : I-07  
Serving Size : 1 Portion

Recipe Desc : Banana and Coconut  
Prep Time :

Author :  
Cook Time :

Yield : 10

Nutrition Information		
Serving Size: 1 Portion		
Amount Per Serving		
<b>Calories 204.30</b>	<b>Calories from Fat 60.20</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.69 g</b>	<b>10%</b>
Saturated	4.59 g	23%
PolyUnSat	0.04 g	n/a
MonoUnSat	0.25 g	n/a
<b>Cholesterol</b>	<b>1.92 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>57.58 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>520.31 mg</b>	<b>15%</b>
<b>Total Carbs</b>	<b>35.68 g</b>	<b>12%</b>
Dietary Fiber	5.37 g	21%
Sugars	6.07 g	n/a
<b>Protein</b>	<b>2.23 g</b>	
Vitamin A - 40%	Vitamin C - 62%	
Calcium - 4%	Iron - 2%	
Vitamin E - n/a	Thiamin - n/a	
Riboflavin - n/a	Niacin - n/a	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 0%	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	2001.779 IU
Vitamin A	400.356 RE

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	n/a
Pyridoxine B6	0.000 mg
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	37.079 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	4.320 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	0.432 mg
Calcium	39.006 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**

