

# RECIPE ANALYSIS

Recipe Name : I-10  
Serving Size : 3 ounces

Recipe Desc : Cesar Salad  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 3 ounces		
Amount Per Serving		
<b>Calories 149.29</b>	<b>Calories from Fat 80.65</b>	
% Daily Value		
<b>Total Fat</b>	<b>8.96 g</b>	<b>14%</b>
Saturated	2.85 g	14%
PolyUnSat	0.60 g	n/a
MonoUnSat	1.84 g	n/a
<b>Cholesterol</b>	<b>95.31 mg</b>	<b>32%</b>
<b>Sodium</b>	<b>583.35 mg</b>	<b>24%</b>
<b>Potassium</b>	<b>172.37 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>9.39 g</b>	<b>3%</b>
Dietary Fiber	1.03 g	4%
Sugars	2.61 g	n/a
<b>Protein</b>	<b>8.25 g</b>	
Vitamin A - 15%	Vitamin C - 3%	
Calcium - 4%	Iron - 5%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 1%	Copper - n/a	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
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	0.000 mcg
Vitamin A	744.026 IU
Vitamin A	148.800 RE

<b>Water Soluble Vitamins</b>	
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	n/a
Vitamin C	1.563 mg
Folic Acid	0.000 mcg

<b>Minerals</b>	
Phosphorus	0.000 mg
Zinc	0.121 mg
Magnesium	1.270 mg
Copper	n/a
Selenium	0.000 mg
Iron	0.913 mg
Calcium	43.802 mg
Manganese	n/a
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

