

RECIPE ANALYSIS

Recipe Name : I-134
Serving Size : 1/2 cup

Recipe Desc : Cantaloupe Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 cup		
Amount Per Serving		
Calories 69.55	Calories from Fat 14.84	
% Daily Value		
Total Fat	1.65 g	3%
Saturated	0.51 g	3%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	6.83 mg	2%
Sodium	203.78 mg	8%
Potassium	112.49 mg	3%
Total Carbs	7.90 g	3%
Dietary Fiber	0.66 g	3%
Sugars	6.46 g	n/a
Protein	6.65 g	
Vitamin A - 21%	Vitamin C - 24%	
Calcium - 7%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	n/a
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.066 alp
Vitamin K	8.770 mcg
Vitamin A	1037.942 IU
Vitamin A	207.589 RE

Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.005 mg
Niacin B3	0.040 NE
Niacin B3	0.040 mg
Pyridoxine B6	0.015 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.030 mg
Vitamin C	14.444 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	7.056 mg
Zinc	0.055 mg
Magnesium	2.520 mg
Copper	0.005 mg
Selenium	0.050 mg
Iron	0.231 mg
Calcium	67.394 mg
Manganese	0.045 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

