

# RECIPE ANALYSIS

Recipe Name : I-145  
Serving Size : One Salad

Recipe Desc : Cashew Nut Salad  
Prep Time :

Author :  
Cook Time :

Yield : 56

Nutrition Information		
Serving Size: One Salad		
Amount Per Serving		
<b>Calories 420.02</b>	<b>Calories from Fat 348.20</b>	
% Daily Value		
<b>Total Fat</b>	<b>38.69 g</b>	<b>60%</b>
Saturated	9.04 g	45%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.13 g	n/a
<b>Cholesterol</b>	<b>39.38 mg</b>	<b>13%</b>
<b>Sodium</b>	<b>281.50 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>123.91 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>10.13 g</b>	<b>3%</b>
Dietary Fiber	0.95 g	4%
Sugars	0.27 g	n/a
<b>Protein</b>	<b>9.19 g</b>	
Vitamin A - 5%	Vitamin C - 2%	
Calcium - 18%	Iron - 8%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 5%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 8%	Magnesium - 10%	
Zinc - 0%	Copper - 17%	
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	0.000 IU
Vitamin E	0.028 alp
Vitamin K	3.729 mcg
Vitamin A	256.191 IU
Vitamin A	51.228 RE

Water Soluble Vitamins	
Thiamin B1	0.042 mg
Riboflavin B2	0.084 mg
Niacin B3	0.017 NE
Niacin B3	0.030 mg
Pyridoxine B6	0.006 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.013 mg
Vitamin C	0.980 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	77.017 mg
Zinc	0.024 mg
Magnesium	40.346 mg
Copper	0.339 mg
Selenium	0.021 mg
Iron	1.455 mg
Calcium	178.218 mg
Manganese	0.145 mg
Iodine	0.000 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**

