

RECIPE ANALYSIS

Recipe Name : I-66
Serving Size : 1/2 Cup

Recipe Desc : Champagne Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 96.79	Calories from Fat 37.30	
% Daily Value		
Total Fat	4.14 g	6%
Saturated	2.63 g	13%
PolyUnSat	0.10 g	n/a
MonoUnSat	0.03 g	n/a
Cholesterol	11.20 mg	4%
Sodium	42.58 mg	2%
Potassium	135.76 mg	4%
Total Carbs	13.82 g	5%
Dietary Fiber	1.83 g	7%
Sugars	1.32 g	n/a
Protein	0.99 g	
Vitamin A - 2%	Vitamin C - 55%	
Calcium - 2%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
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	0.064 alp
Vitamin K	n/a
Vitamin A	103.929 IU
Vitamin A	19.512 RE

Water Soluble Vitamins	
Thiamin B1	0.014 mg
Riboflavin B2	0.055 mg
Niacin B3	n/a
Niacin B3	0.131 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.182 mg
Vitamin C	32.806 mg
Folic Acid	9.393 mcg

Minerals	
Phosphorus	21.620 mg
Zinc	0.119 mg
Magnesium	5.307 mg
Copper	0.025 mg
Selenium	n/a
Iron	0.217 mg
Calcium	15.670 mg
Manganese	0.153 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

