

# RECIPE ANALYSIS

Recipe Name : I-135  
Serving Size : 4 oz

Recipe Desc : Cherry Pineapple Salad  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 4 oz		
Amount Per Serving		
<b>Calories 112.33</b>	<b>Calories from Fat 0.09</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.01 g</b>	<b>0%</b>
Saturated	0.00 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>25.75 mg</b>	<b>1%</b>
<b>Potassium</b>	<b>29.17 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>27.38 g</b>	<b>9%</b>
Dietary Fiber	0.92 g	4%
Sugars	18.64 g	n/a
<b>Protein</b>	<b>0.54 g</b>	
Vitamin A - 5%	Vitamin C - 15%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.401 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	226.164 IU
Vitamin A	45.233 RE

Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.007 mg
Niacin B3	n/a
Niacin B3	0.179 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.014 mg
Vitamin C	9.134 mg
Folic Acid	0.993 mcg

Minerals	
Phosphorus	3.308 mg
Zinc	0.026 mg
Magnesium	1.504 mg
Copper	0.017 mg
Selenium	n/a
Iron	0.364 mg
Calcium	11.881 mg
Manganese	0.014 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

