

# RECIPE ANALYSIS

Recipe Name : I-12  
Serving Size : 4 oz

Recipe Desc : Chicken Salad  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 4 oz		
Amount Per Serving		
<b>Calories 227.50</b>	<b>Calories from Fat 107.86</b>	
% Daily Value		
<b>Total Fat</b>	<b>11.98 g</b>	<b>18%</b>
Saturated	5.78 g	29%
PolyUnSat	5.78 g	n/a
MonoUnSat	2.41 g	n/a
<b>Cholesterol</b>	<b>60.67 mg</b>	<b>20%</b>
<b>Sodium</b>	<b>293.97 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>223.45 mg</b>	<b>6%</b>
<b>Total Carbs</b>	<b>3.56 g</b>	<b>1%</b>
Dietary Fiber	0.81 g	3%
Sugars	1.66 g	n/a
<b>Protein</b>	<b>26.75 g</b>	
Vitamin A - 3%	Vitamin C - 5%	
Calcium - 4%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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	2.156 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	8.078 mcg
Vitamin A	142.755 IU
Vitamin A	28.551 RE

Water Soluble Vitamins	
Thiamin B1	0.019 mg
Riboflavin B2	0.023 mg
Niacin B3	n/a
Niacin B3	0.108 mg
Pyridoxine B6	0.054 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.219 mg
Folic Acid	9.701 mcg

Minerals	
Phosphorus	13.943 mg
Zinc	0.079 mg
Magnesium	5.686 mg
Copper	0.011 mg
Selenium	0.108 mg
Iron	0.107 mg
Calcium	36.241 mg
Manganese	0.063 mg
Iodine	15.680 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

