

RECIPE ANALYSIS

Recipe Name : I-15
Serving Size : 2 Pear Halves

Recipe Desc : Cinnamon Pears
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 2 Pear Halves		
Amount Per Serving		
Calories 97.66	Calories from Fat 1.93	
% Daily Value		
Total Fat	0.21 g	0%
Saturated	0.00 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	8.64 mg	0%
Potassium	100.89 mg	3%
Total Carbs	23.88 g	8%
Dietary Fiber	2.81 g	11%
Sugars	16.59 g	n/a
Protein	0.42 g	
Vitamin A - 0%	Vitamin C - 3%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	2.098 IU
Vitamin A	0.420 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.872 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.559 mg
Calcium	13.810 mg
Manganese	0.000 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

