

RECIPE ANALYSIS

Recipe Name : I-16
Serving Size : 2-1/2 ounces

Recipe Desc : Cole Slaw
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2-1/2 ounces		
Amount Per Serving		
Calories 153.16	Calories from Fat 128.93	
% Daily Value		
Total Fat	14.33 g	22%
Saturated	2.20 g	11%
PolyUnSat	1.25 g	n/a
MonoUnSat	1.99 g	n/a
Cholesterol	9.60 mg	3%
Sodium	314.67 mg	13%
Potassium	107.02 mg	3%
Total Carbs	6.05 g	2%
Dietary Fiber	1.84 g	7%
Sugars	0.42 g	n/a
Protein	0.97 g	
Vitamin A - 37%	Vitamin C - 23%	
Calcium - 3%	Iron - 1%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 5%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 2%	
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	1.126 mg
Vitamin E	n/a
Vitamin E	0.033 alp
Vitamin K	4.393 mcg
Vitamin A	1855.156 IU
Vitamin A	203.939 RE

Water Soluble Vitamins	
Thiamin B1	0.045 mg
Riboflavin B2	0.040 mg
Niacin B3	0.020 NE
Niacin B3	0.234 mg
Pyridoxine B6	0.104 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.121 mg
Vitamin C	13.821 mg
Folic Acid	13.646 mcg

Minerals	
Phosphorus	15.704 mg
Zinc	0.111 mg
Magnesium	7.452 mg
Copper	0.020 mg
Selenium	0.025 mg
Iron	0.241 mg
Calcium	28.766 mg
Manganese	0.153 mg
Iodine	25.257 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

