

RECIPE ANALYSIS

Recipe Name : I-18
Serving Size : 1/2 Cup

Recipe Desc : Country Fruit Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 42.88	Calories from Fat 1.16	
	% Daily Value	
Total Fat	0.13 g	0%
Saturated	0.02 g	0%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	4.00 mg	0%
Potassium	67.81 mg	2%
Total Carbs	10.64 g	4%
Dietary Fiber	1.09 g	4%
Sugars	5.86 g	n/a
Protein	0.17 g	
Vitamin A - 2%	Vitamin C - 4%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	90.323 IU
Vitamin A	18.065 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.006 mg
Niacin B3	n/a
Niacin B3	0.034 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	2.634 mg
Folic Acid	0.431 mcg

Minerals	
Phosphorus	1.939 mg
Zinc	0.005 mg
Magnesium	0.552 mg
Copper	0.005 mg
Selenium	0.000 mg
Iron	0.239 mg
Calcium	5.381 mg
Manganese	0.079 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

