

# RECIPE ANALYSIS

Recipe Name : I-19  
Serving Size : 3oz (#12 scoop)

Recipe Desc : Crabmeat Salad  
Prep Time :

Author :  
Cook Time :

Yield : 42

Nutrition Information		
Serving Size: 3oz (#12 scoop)		
Amount Per Serving		
<b>Calories 49.21</b>	<b>Calories from Fat 41.33</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.59 g</b>	<b>7%</b>
Saturated	0.46 g	2%
PolyUnSat	2.28 g	n/a
MonoUnSat	0.94 g	n/a
<b>Cholesterol</b>	<b>9.00 mg</b>	<b>3%</b>
<b>Sodium</b>	<b>218.41 mg</b>	<b>9%</b>
<b>Potassium</b>	<b>64.18 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>2.58 g</b>	<b>1%</b>
Dietary Fiber	0.41 g	2%
Sugars	1.35 g	n/a
<b>Protein</b>	<b>0.21 g</b>	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 1%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	1.925 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	7.122 mcg
Vitamin A	119.001 IU
Vitamin A	23.801 RE

Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.014 mg
Niacin B3	0.000 NE
Niacin B3	0.077 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.866 mg
Folic Acid	8.661 mcg

Minerals	
Phosphorus	5.774 mg
Zinc	0.031 mg
Magnesium	2.647 mg
Copper	0.010 mg
Selenium	0.096 mg
Iron	0.065 mg
Calcium	11.461 mg
Manganese	0.024 mg
Iodine	9.333 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**

