

# RECIPE ANALYSIS

Recipe Name : I-121  
Serving Size : 1/2 CUP

Recipe Desc : Cucumber & Onion Salad  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 1/2 CUP		
Amount Per Serving		
<b>Calories 137.74</b>	<b>Calories from Fat 121.14</b>	
% Daily Value		
<b>Total Fat</b>	<b>13.46 g</b>	<b>21%</b>
Saturated	7.45 g	37%
PolyUnSat	5.78 g	n/a
MonoUnSat	2.40 g	n/a
<b>Cholesterol</b>	<b>24.00 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>158.24 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>73.56 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>4.08 g</b>	<b>1%</b>
Dietary Fiber	0.33 g	1%
Sugars	1.93 g	n/a
<b>Protein</b>	<b>0.85 g</b>	
Vitamin A - 3%	Vitamin C - 3%	
Calcium - 3%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 1%	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		

<b>Fat Soluble Vitamins</b>	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.017 alp
Vitamin K	7.434 mcg
Vitamin A	164.231 IU
Vitamin A	32.846 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.011 mg
Riboflavin B2	0.010 mg
Niacin B3	n/a
Niacin B3	0.048 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.113 mg
Vitamin C	1.855 mg
Folic Acid	0.000 mcg

<b>Minerals</b>	
Phosphorus	11.822 mg
Zinc	0.095 mg
Magnesium	6.610 mg
Copper	0.017 mg
Selenium	n/a
Iron	0.289 mg
Calcium	30.245 mg
Manganese	0.042 mg
Iodine	5.880 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

