

RECIPE ANALYSIS

Recipe Name : I-23
Serving Size : 1 Portion

Recipe Desc : Devilled Egg Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Portion		
Amount Per Serving		
Calories 139.56	Calories from Fat 98.21	
% Daily Value		
Total Fat	10.91 g	17%
Saturated	2.70 g	14%
PolyUnSat	0.06 g	n/a
MonoUnSat	0.03 g	n/a
Cholesterol	214.38 mg	71%
Sodium	131.23 mg	5%
Potassium	180.86 mg	5%
Total Carbs	2.90 g	1%
Dietary Fiber	1.05 g	4%
Sugars	1.77 g	n/a
Protein	7.24 g	
Vitamin A - 15%	Vitamin C - 8%	
Calcium - 4%	Iron - 6%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 1%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.131 alp
Vitamin K	17.539 mcg
Vitamin A	765.702 IU
Vitamin A	138.399 RE

Water Soluble Vitamins	
Thiamin B1	0.033 mg
Riboflavin B2	0.013 mg
Niacin B3	0.081 NE
Niacin B3	0.100 mg
Pyridoxine B6	0.035 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.069 mg
Vitamin C	4.572 mg
Folic Acid	5.191 mcg

Minerals	
Phosphorus	15.274 mg
Zinc	0.132 mg
Magnesium	6.287 mg
Copper	0.011 mg
Selenium	0.101 mg
Iron	1.033 mg
Calcium	38.017 mg
Manganese	0.095 mg
Iodine	1.960 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

