

# RECIPE ANALYSIS

Recipe Name : I-23  
Serving Size : 1 Portion

Recipe Desc : Devilled Egg Salad  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 1 Portion		
Amount Per Serving		
<b>Calories 139.56</b>	<b>Calories from Fat 98.21</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.91 g</b>	<b>17%</b>
Saturated	2.70 g	14%
PolyUnSat	0.06 g	n/a
MonoUnSat	0.03 g	n/a
<b>Cholesterol</b>	<b>214.38 mg</b>	<b>71%</b>
<b>Sodium</b>	<b>131.23 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>180.86 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>2.90 g</b>	<b>1%</b>
Dietary Fiber	1.05 g	4%
Sugars	1.77 g	n/a
<b>Protein</b>	<b>7.24 g</b>	
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		

<b>Fat Soluble Vitamins</b>	
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

<b>Water Soluble Vitamins</b>	
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

<b>Minerals</b>	
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

<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**

