

RECIPE ANALYSIS

Recipe Name : I-26
Serving Size : 1/2 c

Recipe Desc : Egg Salad
Prep Time :

Author :
Cook Time :

Yield : 8

Nutrition Information		
Serving Size: 1/2 c		
Amount Per Serving		
Calories 170.32	Calories from Fat 118.62	
% Daily Value		
Total Fat	13.18 g	20%
Saturated	3.01 g	15%
PolyUnSat	2.68 g	n/a
MonoUnSat	1.10 g	n/a
Cholesterol	308.31 mg	103%
Sodium	469.49 mg	20%
Potassium	145.02 mg	4%
Total Carbs	3.51 g	1%
Dietary Fiber	0.36 g	1%
Sugars	2.15 g	n/a
Protein	9.39 g	
Vitamin A - 9%	Vitamin C - 1%	
Calcium - 4%	Iron - 5%	
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	1.684 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	6.231 mcg
Vitamin A	461.539 IU
Vitamin A	92.308 RE

Water Soluble Vitamins	
Thiamin B1	0.004 mg
Riboflavin B2	0.013 mg
Niacin B3	n/a
Niacin B3	0.067 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.658 mg
Folic Acid	7.579 mcg

Minerals	
Phosphorus	5.052 mg
Zinc	0.027 mg
Magnesium	2.316 mg
Copper	0.008 mg
Selenium	0.084 mg
Iron	0.825 mg
Calcium	38.690 mg
Manganese	0.021 mg
Iodine	24.500 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

