

RECIPE ANALYSIS

Recipe Name : I-132
Serving Size : 3/4 cup

Recipe Desc : Five Cup Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 3/4 cup		
Amount Per Serving		
Calories 179.41	Calories from Fat 62.35	
% Daily Value		
Total Fat	6.93 g	11%
Saturated	3.81 g	19%
PolyUnSat	0.01 g	n/a
MonoUnSat	1.03 g	n/a
Cholesterol	12.80 mg	4%
Sodium	63.05 mg	3%
Potassium	29.83 mg	1%
Total Carbs	27.22 g	9%
Dietary Fiber	1.22 g	5%
Sugars	10.69 g	n/a
Protein	1.55 g	
Vitamin A - 4%	Vitamin C - 24%	
Calcium - 4%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - n/a	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	185.344 IU
Vitamin A	37.069 RE

Water Soluble Vitamins	
Thiamin B1	0.020 mg
Riboflavin B2	0.002 mg
Niacin B3	n/a
Niacin B3	0.020 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	n/a
Pantothenic Acid	0.038 mg
Vitamin C	14.636 mg
Folic Acid	0.878 mcg

Minerals	
Phosphorus	6.474 mg
Zinc	0.123 mg
Magnesium	3.181 mg
Copper	0.027 mg
Selenium	0.262 mg
Iron	0.243 mg
Calcium	38.122 mg
Manganese	n/a
Iodine	n/a

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

