

# RECIPE ANALYSIS

Recipe Name : I-29  
Serving Size : 1/2 Cup

Recipe Desc : Fruit Delight  
Prep Time :

Author :  
Cook Time :

Yield : 20

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
<b>Calories 126.05</b>	<b>Calories from Fat 2.82</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.31 g</b>	<b>0%</b>
Saturated	0.01 g	0%
PolyUnSat	0.09 g	n/a
MonoUnSat	0.03 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>10.75 mg</b>	<b>0%</b>
<b>Potassium</b>	<b>253.36 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>32.28 g</b>	<b>11%</b>
Dietary Fiber	5.34 g	21%
Sugars	23.76 g	n/a
<b>Protein</b>	<b>1.07 g</b>	
Vitamin A - 7%	Vitamin C - 67%	
Calcium - 3%	Iron - 5%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 2%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 2%	Magnesium - 2%	
Zinc - 1%	Copper - 3%	
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	1.211 IU
Vitamin E	0.045 alp
Vitamin K	n/a
Vitamin A	351.646 IU
Vitamin A	69.427 RE

Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.047 mg
Niacin B3	n/a
Niacin B3	0.626 mg
Pyridoxine B6	0.037 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.172 mg
Vitamin C	40.477 mg
Folic Acid	9.661 mcg

Minerals	
Phosphorus	17.143 mg
Zinc	0.127 mg
Magnesium	8.306 mg
Copper	0.068 mg
Selenium	n/a
Iron	0.978 mg
Calcium	31.067 mg
Manganese	0.541 mg
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**

