

RECIPE ANALYSIS

Recipe Name : I-118
Serving Size : 1 Pc. (cut 4x8)

Recipe Desc : Fruit Mallow Mold
Prep Time :

Author :
Cook Time :

Yield : 128

Nutrition Information		
Serving Size: 1 Pc. (cut 4x8)		
Amount Per Serving		
Calories 148.28	Calories from Fat 3.07	
	% Daily Value	
Total Fat	0.34 g	1%
Saturated	0.00 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	94.68 mg	4%
Potassium	1.06 mg	0%
Total Carbs	34.81 g	12%
Dietary Fiber	1.37 g	5%
Sugars	24.90 g	n/a
Protein	1.70 g	
Vitamin A - 0%	Vitamin C - 26%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 3%	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	0.000 IU
Vitamin A	0.000 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	15.445 mg
Folic Acid	n/a

Minerals	
Phosphorus	31.894 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	0.144 mg
Calcium	6.831 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

