

RECIPE ANALYSIS

Recipe Name : I-148
Serving Size : One Parfait

Recipe Desc : Fruit Parfait
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: One Parfait		
Amount Per Serving		
Calories 48.41	Calories from Fat 5.29	
% Daily Value		
Total Fat	0.59 g	1%
Saturated	0.46 g	2%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	0.00 mg	0%
Sodium	19.61 mg	1%
Potassium	162.83 mg	5%
Total Carbs	11.25 g	4%
Dietary Fiber	1.05 g	4%
Sugars	6.43 g	n/a
Protein	0.74 g	
Vitamin A - 39%	Vitamin C - 54%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	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	0.018 alp
Vitamin K	0.004 mcg
Vitamin A	1943.812 IU
Vitamin A	388.405 RE

Water Soluble Vitamins	
Thiamin B1	0.021 mg
Riboflavin B2	0.020 mg
Niacin B3	n/a
Niacin B3	0.090 mg
Pyridoxine B6	0.029 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.055 mg
Vitamin C	32.238 mg
Folic Acid	3.371 mcg

Minerals	
Phosphorus	5.630 mg
Zinc	0.027 mg
Magnesium	2.411 mg
Copper	0.015 mg
Selenium	0.001 mg
Iron	0.288 mg
Calcium	14.384 mg
Manganese	0.173 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

