

RECIPE ANALYSIS

Recipe Name : I-44
Serving Size : 1 square

Recipe Desc : Fruited Jello Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 square		
Amount Per Serving		
Calories 78.58	Calories from Fat 0.74	
% Daily Value		
Total Fat	0.08 g	0%
Saturated	0.00 g	0%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	60.97 mg	3%
Potassium	52.77 mg	2%
Total Carbs	18.94 g	6%
Dietary Fiber	0.88 g	4%
Sugars	16.14 g	n/a
Protein	1.25 g	
Vitamin A - 2%	Vitamin C - 2%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 0%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.033 alp
Vitamin K	4.385 mcg
Vitamin A	90.972 IU
Vitamin A	18.194 RE

Water Soluble Vitamins	
Thiamin B1	0.008 mg
Riboflavin B2	0.003 mg
Niacin B3	0.020 NE
Niacin B3	0.020 mg
Pyridoxine B6	0.008 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.015 mg
Vitamin C	0.994 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	28.946 mg
Zinc	0.035 mg
Magnesium	1.453 mg
Copper	0.010 mg
Selenium	0.025 mg
Iron	0.232 mg
Calcium	5.854 mg
Manganese	0.023 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.