

RECIPE ANALYSIS

Recipe Name : I-32
Serving Size : 1.5 cup

Recipe Desc : Garden Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1.5 cup		
Amount Per Serving		
Calories 145.27	Calories from Fat 97.41	
% Daily Value		
Total Fat	10.82 g	17%
Saturated	6.74 g	34%
PolyUnSat	6.77 g	n/a
MonoUnSat	2.42 g	n/a
Cholesterol	0.00 mg	0%
Sodium	265.77 mg	11%
Potassium	142.84 mg	4%
Total Carbs	11.47 g	4%
Dietary Fiber	2.36 g	9%
Sugars	9.03 g	n/a
Protein	2.06 g	
Vitamin A - 100%	Vitamin C - 39%	
Calcium - 8%	Iron - 6%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 2%	
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	0.539 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.132 alp
Vitamin K	5.892 mcg
Vitamin A	5017.035 IU
Vitamin A	1003.397 RE

Water Soluble Vitamins	
Thiamin B1	0.021 mg
Riboflavin B2	0.018 mg
Niacin B3	n/a
Niacin B3	0.255 mg
Pyridoxine B6	0.053 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.067 mg
Vitamin C	23.484 mg
Folic Acid	4.160 mcg

Minerals	
Phosphorus	16.481 mg
Zinc	0.120 mg
Magnesium	7.618 mg
Copper	0.026 mg
Selenium	0.032 mg
Iron	1.001 mg
Calcium	75.736 mg
Manganese	0.069 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.