

RECIPE ANALYSIS

Recipe Name : I-133
Serving Size : 3 ounces

Recipe Desc : Greek Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 3 ounces		
Amount Per Serving		
Calories 141.10	Calories from Fat 117.25	
% Daily Value		
Total Fat	13.03 g	20%
Saturated	3.17 g	16%
PolyUnSat	1.34 g	n/a
MonoUnSat	6.86 g	n/a
Cholesterol	7.61 mg	3%
Sodium	269.74 mg	11%
Potassium	142.29 mg	4%
Total Carbs	4.83 g	2%
Dietary Fiber	1.34 g	5%
Sugars	2.21 g	n/a
Protein	3.42 g	
Vitamin A - 18%	Vitamin C - 24%	
Calcium - 5%	Iron - 4%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.050 alp
Vitamin K	1.039 mcg
Vitamin A	910.410 IU
Vitamin A	182.076 RE

Water Soluble Vitamins	
Thiamin B1	0.012 mg
Riboflavin B2	0.006 mg
Niacin B3	n/a
Niacin B3	0.074 mg
Pyridoxine B6	0.045 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.013 mg
Vitamin C	14.138 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	5.178 mg
Zinc	0.032 mg
Magnesium	2.277 mg
Copper	0.029 mg
Selenium	0.000 mg
Iron	0.644 mg
Calcium	52.079 mg
Manganese	0.028 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

