

# RECIPE ANALYSIS

Recipe Name : I-95  
Serving Size : 2 Tablespoons

Recipe Desc : Honey Fruit Dressing  
Prep Time :

Author :  
Cook Time :

Yield : 128

<b>Nutrition Information</b>		
Serving Size: 2 Tablespoons		
Amount Per Serving		
<b>Calories 18.29</b>	<b>Calories from Fat 10.62</b>	
% Daily Value		
<b>Total Fat</b>	<b>1.18 g</b>	<b>2%</b>
Saturated	0.65 g	3%
PolyUnSat	0.10 g	n/a
MonoUnSat	0.27 g	n/a
<b>Cholesterol</b>	<b>30.12 mg</b>	<b>10%</b>
<b>Sodium</b>	<b>11.20 mg</b>	<b>0%</b>
<b>Potassium</b>	<b>10.91 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>0.92 g</b>	<b>0%</b>
Dietary Fiber	0.00 g	0%
Sugars	0.66 g	n/a
<b>Protein</b>	<b>0.94 g</b>	
Vitamin A - 1%	Vitamin C - 1%	
Calcium - 0%	Iron - 1%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 2%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 1%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.092 mcg
Vitamin D	3.685 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	45.006 IU
Vitamin A	9.001 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.004 mg
Riboflavin B2	0.035 mg
Niacin B3	0.000 NE
Niacin B3	0.006 mg
Pyridoxine B6	0.010 mg
Cobalamin B12	0.071 mcg
Pantothenic Acid	0.089 mg
Vitamin C	0.450 mg
Folic Acid	3.331 mcg

<b>Minerals</b>	
Phosphorus	13.586 mg
Zinc	0.078 mg
Magnesium	0.709 mg
Copper	0.001 mg
Selenium	2.183 mg
Iron	0.107 mg
Calcium	3.623 mg
Manganese	0.001 mg
Iodine	0.000 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

