

RECIPE ANALYSIS

Recipe Name : I-107
Serving Size : 1 cup

Recipe Desc : Honey Mint Spinach Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 cup		
Amount Per Serving		
Calories 414.90	Calories from Fat 83.05	
% Daily Value		
Total Fat	9.23 g	14%
Saturated	0.69 g	3%
PolyUnSat	3.32 g	n/a
MonoUnSat	5.20 g	n/a
Cholesterol	0.00 mg	0%
Sodium	82.72 mg	3%
Potassium	361.66 mg	10%
Total Carbs	77.61 g	26%
Dietary Fiber	3.49 g	14%
Sugars	66.22 g	n/a
Protein	3.78 g	
Vitamin A - 66%	Vitamin C - 125%	
Calcium - 10%	Iron - 12%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 6%	Niacin - 2%	
Vitamin B6 - 6%	Folic Acid - 23%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 4%	Magnesium - 11%	
Zinc - 3%	Copper - 4%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.017 alp
Vitamin K	7.415 mcg
Vitamin A	3302.874 IU
Vitamin A	356.100 RE

Water Soluble Vitamins	
Thiamin B1	0.041 mg
Riboflavin B2	0.099 mg
Niacin B3	0.000 NE
Niacin B3	0.421 mg
Pyridoxine B6	0.111 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.161 mg
Vitamin C	75.227 mg
Folic Acid	93.075 mcg

Minerals	
Phosphorus	35.960 mg
Zinc	0.383 mg
Magnesium	43.574 mg
Copper	0.089 mg
Selenium	0.000 mg
Iron	2.168 mg
Calcium	97.907 mg
Manganese	0.452 mg
Iodine	0.000 mcg

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.