

RECIPE ANALYSIS

Recipe Name : I-42
Serving Size : 1/2 Cup

Recipe Desc : Jellied Bing Cherry Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 166.10	Calories from Fat 57.57	
	% Daily Value	
Total Fat	6.40 g	10%
Saturated	3.65 g	18%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	21.34 mg	7%
Sodium	140.16 mg	6%
Potassium	130.98 mg	4%
Total Carbs	23.92 g	8%
Dietary Fiber	1.77 g	7%
Sugars	21.16 g	n/a
Protein	3.70 g	
Vitamin A - 20%	Vitamin C - 7%	
Calcium - 5%	Iron - 6%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 6%	Magnesium - 1%	
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	0.500 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.131 alp
Vitamin K	17.539 mcg
Vitamin A	1017.691 IU
Vitamin A	197.641 RE

Water Soluble Vitamins	
Thiamin B1	0.037 mg
Riboflavin B2	0.048 mg
Niacin B3	0.081 NE
Niacin B3	0.107 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.064 mg
Vitamin C	4.450 mg
Folic Acid	2.076 mcg

Minerals	
Phosphorus	58.865 mg
Zinc	0.223 mg
Magnesium	5.732 mg
Copper	0.018 mg
Selenium	0.101 mg
Iron	1.025 mg
Calcium	45.284 mg
Manganese	0.093 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

