

RECIPE ANALYSIS

Recipe Name : I-97
Serving Size : 2 Tablespoons

Recipe Desc : Lemon Ginger Dressing
Prep Time :

Author :
Cook Time :

Yield : 128

Nutrition Information		
Serving Size: 2 Tablespoons		
Amount Per Serving		
Calories 71.47	Calories from Fat 66.22	
% Daily Value		
Total Fat	7.36 g	11%
Saturated	4.19 g	21%
PolyUnSat	3.75 g	n/a
MonoUnSat	1.57 g	n/a
Cholesterol	9.38 mg	3%
Sodium	49.38 mg	2%
Potassium	9.68 mg	0%
Total Carbs	1.11 g	0%
Dietary Fiber	0.02 g	0%
Sugars	0.66 g	n/a
Protein	0.08 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 0%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	13.125 IU
Vitamin A	2.625 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.001 mg
Niacin B3	n/a
Niacin B3	0.012 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.004 mg
Vitamin C	0.233 mg
Folic Acid	0.198 mcg

Minerals	
Phosphorus	1.448 mg
Zinc	0.006 mg
Magnesium	0.762 mg
Copper	0.004 mg
Selenium	n/a
Iron	0.014 mg
Calcium	1.746 mg
Manganese	0.004 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

