

RECIPE ANALYSIS

Recipe Name : I-49
Serving Size : 2.5 oz

Recipe Desc : Mandarin Fruit Salad
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 2.5 oz		
Amount Per Serving		
Calories 97.13	Calories from Fat 4.99	
% Daily Value		
Total Fat	0.55 g	1%
Saturated	0.44 g	2%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	1.20 mg	0%
Sodium	33.59 mg	1%
Potassium	22.53 mg	1%
Total Carbs	20.75 g	7%
Dietary Fiber	0.45 g	2%
Sugars	11.53 g	n/a
Protein	1.29 g	
Vitamin A - 2%	Vitamin C - 17%	
Calcium - 4%	Iron - 1%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 1%	
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	0.640 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	2.368 mcg
Vitamin A	76.240 IU
Vitamin A	15.248 RE

Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.026 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	10.040 mg
Folic Acid	2.880 mcg

Minerals	
Phosphorus	2.541 mg
Zinc	0.010 mg
Magnesium	0.880 mg
Copper	0.003 mg
Selenium	0.032 mg
Iron	0.250 mg
Calcium	37.696 mg
Manganese	0.008 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

