RECIPE ANALYSIS

Recipe Name : I-51 **Recipe Desc : Melon, Strawberry, Grape Salad** **Author :** **Yield : 20**
Serving Size : 1/2 cup **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 1/2 cup

Amount Per Serving

Calories 32.30 **Calories from Fat 1.65**

			% Daily Value
Total Fat	**0.18**	**g**	**0%**
Saturated	0.02	g	0%
PolyUnSat	0.07	g	n/a
MonoUnSat	0.02	g	n/a
Cholesterol	**0.00**	**mg**	**0%**
Sodium	**9.06**	**mg**	**0%**
Potassium	**137.96**	**mg**	**4%**
Total Carbs	**8.07**	**g**	**3%**
Dietary Fiber	1.33	g	5%
Sugars	2.89	g	n/a
Protein	**0.55**	**g**	

Vitamin A - 20%	Vitamin C - 55%
Calcium - 1%	Iron - 1%
Vitamin E - n/a	Thiamin - 1%
Riboflavin - 2%	Niacin - 1%
Vitamin B6 - 2%	Folic Acid - 2%
Vitamin B12 - 0%	Pantothenic Acid - 1%
Phosphorous - 1%	Magnesium - 1%
Zinc - 0%	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	n/a	
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin E	0.044	alp
Vitamin K	0.003	mcg
Vitamin A	984.965	IU
Vitamin A	196.111	RE

Water Soluble Vitamins

Thiamin B1	0.021	mg
Riboflavin B2	0.032	mg
Niacin B3	n/a	
Niacin B3	0.126	mg
Pyridoxine B6	0.037	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.129	mg
Vitamin C	32.920	mg
Folic Acid	7.058	mcg

Minerals

Phosphorus	8.371	mg
Zinc	0.053	mg
Magnesium	4.373	mg
Copper	0.023	mg
Selenium	0.001	mg
Iron	0.268	mg
Calcium	11.881	mg
Manganese	0.205	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

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.