

RECIPE ANALYSIS

Recipe Name : I-59
Serving Size : 1/2 Cup

Recipe Desc : Peach and Raspberry Mold
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 65.53	Calories from Fat 1.34	
% Daily Value		
Total Fat	0.15 g	0%
Saturated	0.00 g	0%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	0.00 mg	0%
Sodium	11.03 mg	0%
Potassium	58.36 mg	2%
Total Carbs	16.59 g	6%
Dietary Fiber	1.69 g	7%
Sugars	12.20 g	n/a
Protein	0.54 g	
Vitamin A - 5%	Vitamin C - 7%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 1%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 2%	
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	n/a
Vitamin E	0.801 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	251.641 IU
Vitamin A	50.329 RE

Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.014 mg
Niacin B3	n/a
Niacin B3	0.358 mg
Pyridoxine B6	0.010 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	4.162 mg
Folic Acid	1.984 mcg

Minerals	
Phosphorus	10.189 mg
Zinc	0.052 mg
Magnesium	3.005 mg
Copper	0.033 mg
Selenium	n/a
Iron	0.404 mg
Calcium	7.063 mg
Manganese	0.029 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

