

RECIPE ANALYSIS

Recipe Name : I-63
Serving Size : 1/2 Cup

Recipe Desc : Pineapple-Lime Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 156.29	Calories from Fat 65.08	
% Daily Value		
Total Fat	7.23 g	11%
Saturated	1.29 g	6%
PolyUnSat	0.09 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	6.40 mg	2%
Sodium	135.35 mg	6%
Potassium	197.44 mg	6%
Total Carbs	21.29 g	7%
Dietary Fiber	1.97 g	8%
Sugars	18.32 g	n/a
Protein	2.15 g	
Vitamin A - 13%	Vitamin C - 15%	
Calcium - 7%	Iron - 4%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 5%	Magnesium - 2%	
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	0.000 mcg
Vitamin D	1.280 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.197 alp
Vitamin K	31.045 mcg
Vitamin A	663.060 IU
Vitamin A	132.612 RE

Water Soluble Vitamins	
Thiamin B1	0.049 mg
Riboflavin B2	0.025 mg
Niacin B3	0.121 NE
Niacin B3	0.172 mg
Pyridoxine B6	0.053 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.091 mg
Vitamin C	8.773 mg
Folic Acid	5.760 mcg

Minerals	
Phosphorus	50.426 mg
Zinc	0.194 mg
Magnesium	9.513 mg
Copper	0.029 mg
Selenium	0.215 mg
Iron	0.721 mg
Calcium	70.289 mg
Manganese	0.152 mg
Iodine	0.000 mcg

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

