

RECIPE ANALYSIS

Recipe Name : I-65
Serving Size : 1/2 Cup

Recipe Desc : Potato Salad
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 228.58	Calories from Fat 137.00	
% Daily Value		
Total Fat	15.22 g	23%
Saturated	3.24 g	16%
PolyUnSat	0.68 g	n/a
MonoUnSat	0.23 g	n/a
Cholesterol	12.80 mg	4%
Sodium	136.08 mg	6%
Potassium	482.97 mg	14%
Total Carbs	20.91 g	7%
Dietary Fiber	0.82 g	3%
Sugars	0.95 g	n/a
Protein	0.15 g	
Vitamin A - 2%	Vitamin C - 41%	
Calcium - 5%	Iron - 5%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 2%	Niacin - 6%	
Vitamin B6 - 11%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 4%	Magnesium - 5%	
Zinc - 2%	Copper - 11%	
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	1.078 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	3.994 mcg
Vitamin A	118.814 IU
Vitamin A	23.763 RE

Water Soluble Vitamins	
Thiamin B1	0.080 mg
Riboflavin B2	0.041 mg
Niacin B3	n/a
Niacin B3	1.253 mg
Pyridoxine B6	0.216 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.316 mg
Vitamin C	24.479 mg
Folic Acid	15.301 mcg

Minerals	
Phosphorus	41.249 mg
Zinc	0.336 mg
Magnesium	18.798 mg
Copper	0.212 mg
Selenium	0.054 mg
Iron	0.871 mg
Calcium	51.909 mg
Manganese	0.233 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

