

# RECIPE ANALYSIS

Recipe Name : I-147  
Serving Size : 1 salad

Recipe Desc : Ranch Linguini Salad  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 salad		
Amount Per Serving		
<b>Calories 188.99</b>	<b>Calories from Fat 94.29</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.48 g</b>	<b>16%</b>
Saturated	1.74 g	9%
PolyUnSat	0.18 g	n/a
MonoUnSat	0.05 g	n/a
<b>Cholesterol</b>	<b>5.60 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>295.32 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>96.97 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>22.35 g</b>	<b>7%</b>
Dietary Fiber	1.15 g	5%
Sugars	5.17 g	n/a
<b>Protein</b>	<b>2.99 g</b>	
Vitamin A - 16%	Vitamin C - 9%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 6%	Niacin - 9%	
Vitamin B6 - 2%	Folic Acid - 16%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 1%	
Zinc - 2%	Copper - 3%	
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	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.083 alp
Vitamin K	0.599 mcg
Vitamin A	779.978 IU
Vitamin A	155.996 RE

Water Soluble Vitamins	
Thiamin B1	0.241 mg
Riboflavin B2	0.106 mg
Niacin B3	0.000 NE
Niacin B3	1.823 mg
Pyridoxine B6	0.046 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.015 mg
Vitamin C	5.212 mg
Folic Acid	64.230 mcg

Minerals	
Phosphorus	39.172 mg
Zinc	0.312 mg
Magnesium	2.555 mg
Copper	0.068 mg
Selenium	0.004 mg
Iron	0.941 mg
Calcium	10.529 mg
Manganese	0.025 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**

