

# RECIPE ANALYSIS

Recipe Name : I-109  
Serving Size : 1 Each

Recipe Desc : Relish Plates  
Prep Time :

Author :  
Cook Time :

Yield : 100

<b>Nutrition Information</b>		
Serving Size: 1 Each		
Amount Per Serving		
<b>Calories 6.88</b>	<b>Calories from Fat 4.63</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.51 g</b>	<b>1%</b>
Saturated	0.00 g	0%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>23.64 mg</b>	<b>1%</b>
<b>Potassium</b>	<b>20.57 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>0.42 g</b>	<b>0%</b>
Dietary Fiber	0.16 g	1%
Sugars	0.16 g	n/a
<b>Protein</b>	<b>0.09 g</b>	
Vitamin A - 5%	Vitamin C - 5%	
Calcium - 0%	Iron - 1%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.017 alp
Vitamin K	0.538 mcg
Vitamin A	243.045 IU
Vitamin A	42.179 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.004 mg
Riboflavin B2	0.003 mg
Niacin B3	0.001 NE
Niacin B3	0.043 mg
Pyridoxine B6	0.009 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.009 mg
Vitamin C	2.712 mg
Folic Acid	2.757 mcg

<b>Minerals</b>	
Phosphorus	2.117 mg
Zinc	0.021 mg
Magnesium	1.248 mg
Copper	0.004 mg
Selenium	0.002 mg
Iron	0.100 mg
Calcium	2.880 mg
Manganese	0.010 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

