

RECIPE ANALYSIS

Recipe Name : I-03
Serving Size : 1/2 Cup

Recipe Desc : Ribbon Jello
Prep Time :

Author :
Cook Time :

Yield : 135

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 147.92	Calories from Fat 59.74	
% Daily Value		
Total Fat	6.64 g	10%
Saturated	3.91 g	20%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	23.11 mg	8%
Sodium	103.80 mg	4%
Potassium	0.59 mg	0%
Total Carbs	21.47 g	7%
Dietary Fiber	0.00 g	0%
Sugars	9.39 g	n/a
Protein	2.79 g	
Vitamin A - 5%	Vitamin C - 5%	
Calcium - 7%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - n/a	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 1%	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		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	11.852 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	225.185 IU
Vitamin A	45.037 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	3.034 mg
Folic Acid	n/a

Minerals	
Phosphorus	12.287 mg
Zinc	0.001 mg
Magnesium	0.037 mg
Copper	0.001 mg
Selenium	n/a
Iron	0.004 mg
Calcium	73.645 mg
Manganese	n/a
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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.