

RECIPE ANALYSIS

Recipe Name : I-67
Serving Size : 2/3 cup

Recipe Desc : Savory Salad Cup
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 2/3 cup		
Amount Per Serving		
Calories 480.51	Calories from Fat 399.63	
% Daily Value		
Total Fat	44.40 g	68%
Saturated	3.69 g	18%
PolyUnSat	2.57 g	n/a
MonoUnSat	12.81 g	n/a
Cholesterol	0.00 mg	0%
Sodium	874.47 mg	36%
Potassium	1278.97 mg	37%
Total Carbs	17.13 g	6%
Dietary Fiber	5.54 g	22%
Sugars	5.21 g	n/a
Protein	4.64 g	
Vitamin A - 47%	Vitamin C - 93%	
Calcium - 5%	Iron - 12%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 12%	Niacin - 17%	
Vitamin B6 - 27%	Folic Acid - 27%	
Vitamin B12 - 0%	Pantothenic Acid - 13%	
Phosphorous - 11%	Magnesium - 18%	
Zinc - 6%	Copper - 21%	
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	1.333 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	2.388 alp
Vitamin K	4.933 mcg
Vitamin A	2332.610 IU
Vitamin A	383.494 RE

Water Soluble Vitamins	
Thiamin B1	0.208 mg
Riboflavin B2	0.198 mg
Niacin B3	n/a
Niacin B3	3.411 mg
Pyridoxine B6	0.535 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	1.298 mg
Vitamin C	56.051 mg
Folic Acid	106.888 mcg

Minerals	
Phosphorus	106.466 mg
Zinc	0.854 mg
Magnesium	71.992 mg
Copper	0.412 mg
Selenium	0.067 mg
Iron	2.158 mg
Calcium	48.832 mg
Manganese	0.543 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

