

# RECIPE ANALYSIS

Recipe Name : I-140  
Serving Size : 1 Salad

Recipe Desc : Seven Layer Salad  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 Salad		
Amount Per Serving		
<b>Calories 201.35</b>	<b>Calories from Fat 113.22</b>	
% Daily Value		
<b>Total Fat</b>	<b>12.58 g</b>	<b>19%</b>
Saturated	2.30 g	12%
PolyUnSat	1.00 g	n/a
MonoUnSat	3.90 g	n/a
<b>Cholesterol</b>	<b>8.53 mg</b>	<b>3%</b>
<b>Sodium</b>	<b>448.99 mg</b>	<b>19%</b>
<b>Potassium</b>	<b>376.16 mg</b>	<b>11%</b>
<b>Total Carbs</b>	<b>21.21 g</b>	<b>7%</b>
Dietary Fiber	4.23 g	17%
Sugars	9.06 g	n/a
<b>Protein</b>	<b>4.97 g</b>	
Vitamin A - 144%	Vitamin C - 65%	
Calcium - 8%	Iron - 8%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 6%	Niacin - 3%	
Vitamin B6 - 10%	Folic Acid - 11%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 5%	Magnesium - 6%	
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	n/a
Vitamin D	2.156 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.151 alp
Vitamin K	166.973 mcg
Vitamin A	7212.413 IU
Vitamin A	1442.482 RE

Water Soluble Vitamins	
Thiamin B1	0.114 mg
Riboflavin B2	0.108 mg
Niacin B3	n/a
Niacin B3	0.647 mg
Pyridoxine B6	0.196 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.031 mg
Vitamin C	39.068 mg
Folic Acid	44.981 mcg

Minerals	
Phosphorus	48.824 mg
Zinc	0.295 mg
Magnesium	22.766 mg
Copper	0.056 mg
Selenium	0.612 mg
Iron	1.420 mg
Calcium	77.235 mg
Manganese	0.341 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**

