

# RECIPE ANALYSIS

Recipe Name : I-68  
Serving Size : 1/2 cup serving

Recipe Desc : Shrimp Salad  
Prep Time :

Author :  
Cook Time :

Yield : 32

<b>Nutrition Information</b>		
Serving Size: 1/2 cup serving		
Amount Per Serving		
<b>Calories 145.87</b>	<b>Calories from Fat 91.62</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.18 g</b>	<b>16%</b>
Saturated	0.96 g	5%
PolyUnSat	4.75 g	n/a
MonoUnSat	1.90 g	n/a
<b>Cholesterol</b>	<b>106.65 mg</b>	<b>36%</b>
<b>Sodium</b>	<b>780.89 mg</b>	<b>33%</b>
<b>Potassium</b>	<b>75.71 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>5.31 g</b>	<b>2%</b>
Dietary Fiber	0.46 g	2%
Sugars	2.41 g	n/a
<b>Protein</b>	<b>11.00 g</b>	
Vitamin A - 3%	Vitamin C - 2%	
Calcium - 5%	Iron - 7%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	2.246 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	8.309 mcg
Vitamin A	147.966 IU
Vitamin A	29.593 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.006 mg
Riboflavin B2	0.017 mg
Niacin B3	n/a
Niacin B3	0.090 mg
Pyridoxine B6	0.014 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.100 mg
Folic Acid	10.105 mcg

<b>Minerals</b>	
Phosphorus	6.737 mg
Zinc	0.036 mg
Magnesium	3.088 mg
Copper	0.011 mg
Selenium	0.112 mg
Iron	1.286 mg
Calcium	54.196 mg
Manganese	0.028 mg
Iodine	24.500 mcg

<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**

