

# RECIPE ANALYSIS

Recipe Name : I-70  
Serving Size : 1 Cup

Recipe Desc : Spinach Salad  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 Cup		
Amount Per Serving		
<b>Calories 320.06</b>	<b>Calories from Fat 245.05</b>	
% Daily Value		
<b>Total Fat</b>	<b>27.23 g</b>	<b>42%</b>
Saturated	4.44 g	22%
PolyUnSat	8.06 g	n/a
MonoUnSat	14.07 g	n/a
<b>Cholesterol</b>	<b>18.14 mg</b>	<b>6%</b>
<b>Sodium</b>	<b>520.82 mg</b>	<b>22%</b>
<b>Potassium</b>	<b>942.36 mg</b>	<b>27%</b>
<b>Total Carbs</b>	<b>13.86 g</b>	<b>5%</b>
Dietary Fiber	3.97 g	16%
Sugars	0.19 g	n/a
<b>Protein</b>	<b>10.64 g</b>	
Vitamin A - 195%	Vitamin C - 69%	
Calcium - 15%	Iron - 24%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 17%	Niacin - 7%	
Vitamin B6 - 14%	Folic Acid - 71%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 8%	Magnesium - 30%	
Zinc - 9%	Copper - 12%	
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	0.172 mcg
Vitamin D	6.895 IU
Vitamin E	0.000 mg
Vitamin E	0.001 IU
Vitamin E	0.000 alp
Vitamin K	0.011 mcg
Vitamin A	9747.000 IU
Vitamin A	975.430 RE

Water Soluble Vitamins	
Thiamin B1	0.112 mg
Riboflavin B2	0.297 mg
Niacin B3	0.000 NE
Niacin B3	1.387 mg
Pyridoxine B6	0.270 mg
Cobalamin B12	0.004 mcg
Pantothenic Acid	0.241 mg
Vitamin C	41.371 mg
Folic Acid	282.165 mcg

Minerals	
Phosphorus	78.997 mg
Zinc	1.370 mg
Magnesium	118.087 mg
Copper	0.236 mg
Selenium	0.804 mg
Iron	4.248 mg
Calcium	154.413 mg
Manganese	1.301 mg
Iodine	0.000 mcg

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.