

RECIPE ANALYSIS

Recipe Name : I-129
Serving Size : 4 ounces

Recipe Desc : Strawberries and Bananas
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4 ounces		
Amount Per Serving		
Calories 188.03	Calories from Fat 1.81	
% Daily Value		
Total Fat	0.20 g	0%
Saturated	0.01 g	0%
PolyUnSat	0.10 g	n/a
MonoUnSat	0.03 g	n/a
Cholesterol	0.00 mg	0%
Sodium	0.85 mg	0%
Potassium	286.02 mg	8%
Total Carbs	48.15 g	16%
Dietary Fiber	2.80 g	11%
Sugars	0.00 g	n/a
Protein	0.79 g	
Vitamin A - 0%	Vitamin C - 59%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
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		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.066 alp
Vitamin K	n/a
Vitamin A	14.697 IU
Vitamin A	1.633 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.037 mg
Niacin B3	n/a
Niacin B3	0.124 mg
Pyridoxine B6	0.033 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.186 mg
Vitamin C	35.567 mg
Folic Acid	9.633 mcg

Minerals	
Phosphorus	10.342 mg
Zinc	0.069 mg
Magnesium	5.443 mg
Copper	0.026 mg
Selenium	n/a
Iron	0.208 mg
Calcium	7.620 mg
Manganese	0.157 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

