RECIPE ANALYSIS

Recipe Name : I-71 **Recipe Desc : Stuffed Celery** **Author :** **Yield : 50**
Serving Size : 2 Pieces Celery **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 2 Pieces Celery

Amount Per Serving

Calories 84.64 **Calories from Fat 60.91**

			% Daily Value
Total Fat	**6.77**	**g**	**10%**
Saturated	3.64	g	18%
PolyUnSat	0.07	g	n/a
MonoUnSat	0.01	g	n/a
Cholesterol	**21.17**	**mg**	**7%**
Sodium	**168.69**	**mg**	**7%**
Potassium	**210.47**	**mg**	**6%**
Total Carbs	**4.13**	**g**	**1%**
Dietary Fiber	1.56	g	6%
Sugars	2.37	g	n/a
Protein	**1.91**	**g**	

Vitamin A - 17%	Vitamin C - 13%
Calcium - 8%	Iron - 3%
Vitamin E - n/a	Thiamin - 3%
Riboflavin - 4%	Niacin - 1%
Vitamin B6 - 2%	Folic Acid - 4%
Vitamin B12 - 0%	Pantothenic Acid - 1%
Phosphorous - 4%	Magnesium - 2%
Zinc - 2%	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	2.156	IU
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin E	0.131	alp
Vitamin K	25.515	mcg
Vitamin A	836.694	IU
Vitamin A	152.597	RE

Water Soluble Vitamins

Thiamin B1	0.044	mg
Riboflavin B2	0.066	mg
Niacin B3	0.081	NE
Niacin B3	0.205	mg
Pyridoxine B6	0.048	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.069	mg
Vitamin C	7.877	mg
Folic Acid	14.892	mcg

Minerals

Phosphorus	40.611	mg
Zinc	0.263	mg
Magnesium	9.252	mg
Copper	0.022	mg
Selenium	0.209	mg
Iron	0.558	mg
Calcium	79.600	mg
Manganese	0.122	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

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.

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