

RECIPE ANALYSIS

Recipe Name : I-75
Serving Size : 1 Cup

Recipe Desc : Swiss Salad Bowl
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Cup		
Amount Per Serving		
Calories 127.84	Calories from Fat 97.11	
% Daily Value		
Total Fat	10.79 g	17%
Saturated	2.62 g	13%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	8.10 mg	3%
Sodium	403.23 mg	17%
Potassium	48.43 mg	1%
Total Carbs	4.54 g	2%
Dietary Fiber	1.78 g	7%
Sugars	3.23 g	n/a
Protein	4.31 g	
Vitamin A - 85%	Vitamin C - 35%	
Calcium - 12%	Iron - 5%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
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	0.084 alp
Vitamin K	0.085 mcg
Vitamin A	4240.565 IU
Vitamin A	842.403 RE

Water Soluble Vitamins	
Thiamin B1	0.006 mg
Riboflavin B2	0.003 mg
Niacin B3	n/a
Niacin B3	0.101 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.020 mg
Vitamin C	21.091 mg
Folic Acid	0.744 mcg

Minerals	
Phosphorus	4.864 mg
Zinc	0.031 mg
Magnesium	2.229 mg
Copper	0.010 mg
Selenium	n/a
Iron	0.951 mg
Calcium	116.643 mg
Manganese	0.024 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.