

RECIPE ANALYSIS

Recipe Name : ED2
Serving Size : 1 EACH

Recipe Desc : Thai Chix & Veg Salad w/Dress.
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 265.91	Calories from Fat 124.19	
% Daily Value		
Total Fat	13.80 g	21%
Saturated	1.85 g	9%
PolyUnSat	2.19 g	n/a
MonoUnSat	0.21 g	n/a
Cholesterol	34.24 mg	11%
Sodium	987.74 mg	41%
Potassium	411.55 mg	12%
Total Carbs	19.44 g	6%
Dietary Fiber	2.68 g	11%
Sugars	10.29 g	n/a
Protein	17.02 g	
Vitamin A - 73%	Vitamin C - 44%	
Calcium - 4%	Iron - 8%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 4%	Niacin - 34%	
Vitamin B6 - 18%	Folic Acid - 2%	
Vitamin B12 - 4%	Pantothenic Acid - 6%	
Phosphorous - 20%	Magnesium - 2%	
Zinc - 4%	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	0.181 mcg
Vitamin D	7.128 IU
Vitamin E	0.162 mg
Vitamin E	n/a
Vitamin E	0.014 alp
Vitamin K	7.129 mcg
Vitamin A	3642.728 IU
Vitamin A	728.546 RE

Water Soluble Vitamins	
Thiamin B1	0.057 mg
Riboflavin B2	0.070 mg
Niacin B3	n/a
Niacin B3	6.783 mg
Pyridoxine B6	0.367 mg
Cobalamin B12	0.227 mcg
Pantothenic Acid	0.596 mg
Vitamin C	26.106 mg
Folic Acid	6.255 mcg

Minerals	
Phosphorus	197.042 mg
Zinc	0.598 mg
Magnesium	8.137 mg
Copper	0.027 mg
Selenium	0.007 mg
Iron	1.401 mg
Calcium	43.547 mg
Manganese	0.059 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

