

RECIPE ANALYSIS

Recipe Name : I-76
Serving Size : 2 ounces

Recipe Desc : Tomato and Cucumber Salad
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|-------------------------------|-----------|
| Serving Size: 2 ounces | | |
| Amount Per Serving | | |
| Calories 8.27 | Calories from Fat 0.65 | |
| % Daily Value | | |
| Total Fat | 0.07 g | 0% |
| Saturated | 0.01 g | 0% |
| PolyUnSat | 0.04 g | n/a |
| MonoUnSat | 0.01 g | n/a |
| Cholesterol | 0.00 mg | 0% |
| Sodium | 11.31 mg | 0% |
| Potassium | 89.12 mg | 3% |
| Total Carbs | 1.81 g | 1% |
| Dietary Fiber | 0.63 g | 3% |
| Sugars | 1.06 g | n/a |
| Protein | 0.48 g | |
| Vitamin A - 11% | Vitamin C - 13% | |
| Calcium - 1% | Iron - 4% | |
| Vitamin E - n/a | Thiamin - 1% | |
| Riboflavin - 1% | Niacin - 1% | |
| Vitamin B6 - 1% | Folic Acid - 0% | |
| Vitamin B12 - 0% | Pantothenic Acid - 1% | |
| Phosphorous - 1% | Magnesium - 1% | |
| Zinc - 1% | 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 | 0.125 alp |
| Vitamin K | 10.253 mcg |
| Vitamin A | 560.891 IU |
| Vitamin A | 112.178 RE |

| Water Soluble Vitamins | |
|-------------------------------|-----------|
| Thiamin B1 | 0.020 mg |
| Riboflavin B2 | 0.009 mg |
| Niacin B3 | 0.040 NE |
| Niacin B3 | 0.110 mg |
| Pyridoxine B6 | 0.027 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.062 mg |
| Vitamin C | 7.684 mg |
| Folic Acid | 0.000 mcg |

| Minerals | |
|-----------------|-----------|
| Phosphorus | 11.612 mg |
| Zinc | 0.091 mg |
| Magnesium | 4.887 mg |
| Copper | 0.014 mg |
| Selenium | 0.050 mg |
| Iron | 0.716 mg |
| Calcium | 8.979 mg |
| Manganese | 0.064 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

