

RECIPE ANALYSIS

Recipe Name : I-79
Serving Size : 4 ounce

Recipe Desc : Tortolini Salad
Prep Time :

Author :
Cook Time :

Yield : 320

Nutrition Information		
Serving Size: 4 ounce		
Amount Per Serving		
Calories 106.95	Calories from Fat 58.78	
% Daily Value		
Total Fat	6.53 g	10%
Saturated	1.51 g	8%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	6.95 mg	2%
Sodium	219.90 mg	9%
Potassium	27.28 mg	1%
Total Carbs	9.90 g	3%
Dietary Fiber	0.61 g	2%
Sugars	1.15 g	n/a
Protein	2.81 g	
Vitamin A - 8%	Vitamin C - 14%	
Calcium - 3%	Iron - 3%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	0.000 alp
Vitamin K	n/a
Vitamin A	388.283 IU
Vitamin A	57.826 RE

Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.009 mg
Niacin B3	n/a
Niacin B3	0.048 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.041 mg
Vitamin C	8.458 mg
Folic Acid	5.348 mcg

Minerals	
Phosphorus	4.971 mg
Zinc	0.031 mg
Magnesium	1.883 mg
Copper	0.003 mg
Selenium	0.000 mg
Iron	0.451 mg
Calcium	33.719 mg
Manganese	0.017 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

