

RECIPE ANALYSIS

Recipe Name : I-82
Serving Size : 1/2 Cup

Recipe Desc : Tropical Fruit Salad
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|-------------------------------|-----------|
| Serving Size: 1/2 Cup | | |
| Amount Per Serving | | |
| Calories 70.50 | Calories from Fat 0.00 | |
| % Daily Value | | |
| Total Fat | 0.00 g | 0% |
| Saturated | 0.00 g | 0% |
| PolyUnSat | n/a | n/a |
| MonoUnSat | n/a | n/a |
| Cholesterol | 0.00 mg | 0% |
| Sodium | 5.97 mg | 0% |
| Potassium | 97.33 mg | 3% |
| Total Carbs | 17.40 g | 6% |
| Dietary Fiber | 1.01 g | 4% |
| Sugars | 10.05 g | n/a |
| Protein | 0.23 g | |
| Vitamin A - 0% | Vitamin C - 16% | |
| Calcium - 0% | Iron - 1% | |
| Vitamin E - n/a | Thiamin - n/a | |
| Riboflavin - n/a | Niacin - n/a | |
| Vitamin B6 - 0% | Folic Acid - 0% | |
| Vitamin B12 - n/a | Pantothenic Acid - n/a | |
| Phosphorous - n/a | Magnesium - n/a | |
| Zinc - n/a | Copper - n/a | |
| 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 | n/a |
| Vitamin K | n/a |
| Vitamin A | 0.000 IU |
| Vitamin A | 0.000 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | n/a |
| Riboflavin B2 | n/a |
| Niacin B3 | n/a |
| Niacin B3 | n/a |
| Pyridoxine B6 | 0.000 mg |
| Cobalamin B12 | n/a |
| Pantothenic Acid | n/a |
| Vitamin C | 9.775 mg |
| Folic Acid | 0.000 mcg |

| Minerals | |
|------------|----------|
| Phosphorus | n/a |
| Zinc | n/a |
| Magnesium | n/a |
| Copper | n/a |
| Selenium | n/a |
| Iron | 0.201 mg |
| Calcium | 4.776 mg |
| Manganese | n/a |
| 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

