

# RECIPE ANALYSIS

Recipe Name : I-83  
Serving Size : 1/2 Cup

Recipe Desc : Tunafish Salad  
Prep Time :

Author :  
Cook Time :

Yield : 32

<b>Nutrition Information</b>		
Serving Size: 1/2 Cup		
Amount Per Serving		
<b>Calories 146.59</b>	<b>Calories from Fat 85.59</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.51 g</b>	<b>15%</b>
Saturated	0.96 g	5%
PolyUnSat	4.75 g	n/a
MonoUnSat	1.90 g	n/a
<b>Cholesterol</b>	<b>49.02 mg</b>	<b>16%</b>
<b>Sodium</b>	<b>636.13 mg</b>	<b>27%</b>
<b>Potassium</b>	<b>95.15 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>5.55 g</b>	<b>2%</b>
Dietary Fiber	0.58 g	2%
Sugars	2.54 g	n/a
<b>Protein</b>	<b>10.88 g</b>	
Vitamin A - 4%	Vitamin C - 2%	
Calcium - 2%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>		
Vitamin D	0.000	mcg
Vitamin D	2.807	IU
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin E	n/a	
Vitamin K	10.386	mcg
Vitamin A	180.003	IU
Vitamin A	36.002	RE

<b>Water Soluble Vitamins</b>		
Thiamin B1	0.007	mg
Riboflavin B2	0.021	mg
Niacin B3	n/a	
Niacin B3	0.121	mg
Pyridoxine B6	0.018	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.000	mg
Vitamin C	1.088	mg
Folic Acid	12.631	mcg

<b>Minerals</b>		
Phosphorus	8.501	mg
Zinc	0.046	mg
Magnesium	3.886	mg
Copper	0.014	mg
Selenium	0.140	mg
Iron	0.072	mg
Calcium	16.115	mg
Manganese	0.035	mg
Iodine	24.500	mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

