

# RECIPE ANALYSIS

Recipe Name : I-84  
Serving Size : 3 ounces

Recipe Desc : Waldorf Salad  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 3 ounces		
Amount Per Serving		
<b>Calories 141.34</b>	<b>Calories from Fat 94.14</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.46 g</b>	<b>16%</b>
Saturated	1.52 g	8%
PolyUnSat	0.06 g	n/a
MonoUnSat	0.01 g	n/a
<b>Cholesterol</b>	<b>6.40 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>70.12 mg</b>	<b>3%</b>
<b>Potassium</b>	<b>236.94 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>12.24 g</b>	<b>4%</b>
Dietary Fiber	3.36 g	13%
Sugars	9.86 g	n/a
<b>Protein</b>	<b>0.78 g</b>	
Vitamin A - 9%	Vitamin C - 7%	
Calcium - 2%	Iron - 3%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 3%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 2%	
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	1.437 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.131 alp
Vitamin K	22.857 mcg
Vitamin A	453.061 IU
Vitamin A	90.612 RE

Water Soluble Vitamins	
Thiamin B1	0.034 mg
Riboflavin B2	0.021 mg
Niacin B3	0.081 NE
Niacin B3	0.138 mg
Pyridoxine B6	0.059 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.060 mg
Vitamin C	4.114 mg
Folic Acid	6.467 mcg

Minerals	
Phosphorus	18.423 mg
Zinc	0.134 mg
Magnesium	7.016 mg
Copper	0.017 mg
Selenium	0.173 mg
Iron	0.493 mg
Calcium	24.982 mg
Manganese	0.109 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**

