

# RECIPE ANALYSIS

Recipe Name : I-86  
Serving Size : 1/2 Cup

Recipe Desc : Winter Fruit Salad  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
<b>Calories 60.02</b>	<b>Calories from Fat 0.35</b>	
% Daily Value		
<b>Total Fat</b>	<b>0.04 g</b>	<b>0%</b>
Saturated	0.01 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>9.18 mg</b>	<b>0%</b>
<b>Potassium</b>	<b>21.09 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>14.57 g</b>	<b>5%</b>
Dietary Fiber	0.35 g	1%
Sugars	11.48 g	n/a
<b>Protein</b>	<b>0.07 g</b>	
Vitamin A - 0%	Vitamin C - 14%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
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	n/a
Vitamin K	n/a
Vitamin A	12.000 IU
Vitamin A	2.400 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.006 mg
Niacin B3	n/a
Niacin B3	0.034 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	8.695 mg
Folic Acid	0.431 mcg

Minerals	
Phosphorus	1.104 mg
Zinc	0.005 mg
Magnesium	0.552 mg
Copper	0.005 mg
Selenium	n/a
Iron	0.248 mg
Calcium	8.710 mg
Manganese	0.079 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

