

RECIPE ANALYSIS

Recipe Name : E-01
Serving Size : 2 oz.

Recipe Desc : Chicken Salad Spread
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 2 oz.		
Amount Per Serving		
Calories 140.46	Calories from Fat 111.76	
% Daily Value		
Total Fat	12.42 g	19%
Saturated	1.81 g	9%
PolyUnSat	7.53 g	n/a
MonoUnSat	3.06 g	n/a
Cholesterol	23.01 mg	8%
Sodium	295.95 mg	12%
Potassium	36.88 mg	1%
Total Carbs	0.91 g	0%
Dietary Fiber	0.22 g	1%
Sugars	0.41 g	n/a
Protein	6.75 g	
Vitamin A - 1%	Vitamin C - 1%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	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	1.078 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	3.988 mcg
Vitamin A	61.048 IU
Vitamin A	12.209 RE

Water Soluble Vitamins	
Thiamin B1	0.003 mg
Riboflavin B2	0.008 mg
Niacin B3	n/a
Niacin B3	0.043 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.493 mg
Folic Acid	4.850 mcg

Minerals	
Phosphorus	3.234 mg
Zinc	0.018 mg
Magnesium	1.482 mg
Copper	0.005 mg
Selenium	0.054 mg
Iron	0.156 mg
Calcium	7.234 mg
Manganese	0.013 mg
Iodine	7.840 mcg

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

