

# RECIPE ANALYSIS

Recipe Name : E-02  
Serving Size : 2 oz.

Recipe Desc : Crabmeat Salad  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 2 oz.		
Amount Per Serving		
<b>Calories 94.55</b>	<b>Calories from Fat 66.24</b>	
% Daily Value		
<b>Total Fat</b>	<b>7.36 g</b>	<b>11%</b>
Saturated	1.07 g	5%
PolyUnSat	4.41 g	n/a
MonoUnSat	1.76 g	n/a
<b>Cholesterol</b>	<b>30.27 mg</b>	<b>10%</b>
<b>Sodium</b>	<b>236.46 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>148.52 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>0.69 g</b>	<b>0%</b>
Dietary Fiber	0.29 g	1%
Sugars	0.41 g	n/a
<b>Protein</b>	<b>6.27 g</b>	
Vitamin A - 2%	Vitamin C - 6%	
Calcium - 6%	Iron - 2%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 3%	Folic Acid - 4%	
Vitamin B12 - 2%	Pantothenic Acid - 1%	
Phosphorous - 8%	Magnesium - 3%	
Zinc - 8%	Copper - 12%	
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	0.004 alp
Vitamin K	4.072 mcg
Vitamin A	86.119 IU
Vitamin A	17.518 RE

Water Soluble Vitamins	
Thiamin B1	0.028 mg
Riboflavin B2	0.033 mg
Niacin B3	n/a
Niacin B3	0.451 mg
Pyridoxine B6	0.054 mg
Cobalamin B12	0.135 mcg
Pantothenic Acid	0.109 mg
Vitamin C	3.829 mg
Folic Acid	17.382 mcg

Minerals	
Phosphorus	80.120 mg
Zinc	1.205 mg
Magnesium	13.095 mg
Copper	0.231 mg
Selenium	0.054 mg
Iron	0.285 mg
Calcium	56.400 mg
Manganese	0.070 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**

