

RECIPE ANALYSIS

Recipe Name : E-03
Serving Size : 2 oz.

Recipe Desc : Egg Salad
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 2 oz.		
Amount Per Serving		
Calories 122.76	Calories from Fat 99.08	
% Daily Value		
Total Fat	11.01 g	17%
Saturated	2.27 g	11%
PolyUnSat	4.29 g	n/a
MonoUnSat	1.71 g	n/a
Cholesterol	156.44 mg	52%
Sodium	255.83 mg	11%
Potassium	75.71 mg	2%
Total Carbs	0.85 g	0%
Dietary Fiber	0.20 g	1%
Sugars	0.66 g	n/a
Protein	4.91 g	
Vitamin A - 5%	Vitamin C - 1%	
Calcium - 2%	Iron - 2%	
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	0.898 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	3.323 mcg
Vitamin A	232.368 IU
Vitamin A	46.474 RE

Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.007 mg
Niacin B3	n/a
Niacin B3	0.036 mg
Pyridoxine B6	0.006 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.351 mg
Folic Acid	4.042 mcg

Minerals	
Phosphorus	2.695 mg
Zinc	0.015 mg
Magnesium	1.235 mg
Copper	0.004 mg
Selenium	0.045 mg
Iron	0.432 mg
Calcium	19.556 mg
Manganese	0.011 mg
Iodine	15.680 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.