

RECIPE ANALYSIS

Recipe Name : E-12
Serving Size : 2 oz.

Recipe Desc : Shrimp Salad
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 2 oz.		
Amount Per Serving		
Calories 111.39	Calories from Fat 83.30	
	% Daily Value	
Total Fat	9.26 g	14%
Saturated	1.25 g	6%
PolyUnSat	5.35 g	n/a
MonoUnSat	2.12 g	n/a
Cholesterol	49.24 mg	16%
Sodium	263.02 mg	11%
Potassium	36.47 mg	1%
Total Carbs	0.81 g	0%
Dietary Fiber	0.22 g	1%
Sugars	0.36 g	n/a
Protein	6.19 g	
Vitamin A - 1%	Vitamin C - 1%	
Calcium - 2%	Iron - 3%	
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	n/a
Vitamin K	3.988 mcg
Vitamin A	61.038 IU
Vitamin A	12.208 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	0.706 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	0.496 mg
Calcium	21.014 mg
Manganese	0.013 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

