

RECIPE ANALYSIS

Recipe Name : E-14
Serving Size : 2 oz.

Recipe Desc : Tuna Salad
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 2 oz.		
Amount Per Serving		
Calories 111.88	Calories from Fat 78.55	
	% Daily Value	
Total Fat	8.73 g	13%
Saturated	1.24 g	6%
PolyUnSat	5.35 g	n/a
MonoUnSat	2.11 g	n/a
Cholesterol	22.94 mg	8%
Sodium	258.53 mg	11%
Potassium	24.66 mg	1%
Total Carbs	1.93 g	1%
Dietary Fiber	0.14 g	1%
Sugars	1.79 g	n/a
Protein	6.49 g	
Vitamin A - 1%	Vitamin C - 1%	
Calcium - 0%	Iron - 0%	
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	0.719 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	2.659 mcg
Vitamin A	40.689 IU
Vitamin A	8.138 RE

Water Soluble Vitamins	
Thiamin B1	0.002 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.029 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.854 mg
Folic Acid	3.234 mcg

Minerals	
Phosphorus	2.156 mg
Zinc	0.012 mg
Magnesium	0.988 mg
Copper	0.004 mg
Selenium	0.036 mg
Iron	0.018 mg
Calcium	3.593 mg
Manganese	0.009 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

