

# RECIPE ANALYSIS

Recipe Name : ED5  
Serving Size : 1 EACH

Recipe Desc : Orange Roughy w/Jicama Slaw  
Prep Time :

Author :  
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 229.17</b>	<b>Calories from Fat 118.39</b>	
% Daily Value		
<b>Total Fat</b>	<b>13.15 g</b>	<b>20%</b>
Saturated	0.84 g	4%
PolyUnSat	0.82 g	n/a
MonoUnSat	7.24 g	n/a
<b>Cholesterol</b>	<b>23.59 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>106.19 mg</b>	<b>4%</b>
<b>Potassium</b>	<b>749.52 mg</b>	<b>21%</b>
<b>Total Carbs</b>	<b>8.35 g</b>	<b>3%</b>
Dietary Fiber	2.24 g	9%
Sugars	0.84 g	n/a
<b>Protein</b>	<b>20.86 g</b>	
Vitamin A - 70%	Vitamin C - 42%	
Calcium - 13%	Iron - 15%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 27%	Niacin - 28%	
Vitamin B6 - 27%	Folic Acid - 16%	
Vitamin B12 - 40%	Pantothenic Acid - 15%	
Phosphorous - 30%	Magnesium - 19%	
Zinc - 20%	Copper - 20%	
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	0.862 mcg
Vitamin D	34.474 IU
Vitamin E	n/a
Vitamin E	0.006 IU
Vitamin E	n/a
Vitamin K	0.045 mcg
Vitamin A	3496.335 IU
Vitamin A	409.669 RE

Water Soluble Vitamins	
Thiamin B1	0.211 mg
Riboflavin B2	0.460 mg
Niacin B3	n/a
Niacin B3	5.613 mg
Pyridoxine B6	0.541 mg
Cobalamin B12	2.377 mcg
Pantothenic Acid	1.453 mg
Vitamin C	25.133 mg
Folic Acid	65.292 mcg

Minerals	
Phosphorus	302.642 mg
Zinc	3.015 mg
Magnesium	74.034 mg
Copper	0.392 mg
Selenium	4.018 mg
Iron	2.652 mg
Calcium	126.555 mg
Manganese	0.408 mg
Iodine	n/a

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**

