

# RECIPE ANALYSIS

Recipe Name : ED4  
Serving Size : 1 EACH

Recipe Desc : Tilapia w/swt. pot & almond  
Prep Time :

Author :  
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 146.48</b>	<b>Calories from Fat 65.46</b>	
% Daily Value		
<b>Total Fat</b>	<b>7.27 g</b>	<b>11%</b>
Saturated	0.49 g	2%
PolyUnSat	0.04 g	n/a
MonoUnSat	0.05 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>764.76 mg</b>	<b>32%</b>
<b>Potassium</b>	<b>92.16 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>16.60 g</b>	<b>6%</b>
Dietary Fiber	3.71 g	15%
Sugars	5.71 g	n/a
<b>Protein</b>	<b>4.51 g</b>	
Vitamin A - 74%	Vitamin C - 23%	
Calcium - 2%	Iron - 11%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 6%	Magnesium - 9%	
Zinc - 3%	Copper - 8%	
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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	3712.996 IU
Vitamin A	742.581 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	13.746 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	64.512 mg
Zinc	0.418 mg
Magnesium	36.960 mg
Copper	0.163 mg
Selenium	0.000 mg
Iron	2.066 mg
Calcium	23.910 mg
Manganese	0.000 mg
Iodine	25.257 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**

