

RECIPE ANALYSIS

Recipe Name : O-84
Serving Size : 1/2 Cup

Recipe Desc : Key Lime Pudding
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 31.56	Calories from Fat 12.71	
	% Daily Value	
Total Fat	1.41 g	2%
Saturated	1.24 g	6%
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	0.79 mg	0%
Sodium	18.90 mg	1%
Potassium	16.22 mg	0%
Total Carbs	4.23 g	1%
Dietary Fiber	0.01 g	0%
Sugars	3.56 g	n/a
Protein	0.34 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 1%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - n/a	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 2%	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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	5.234 IU
Vitamin A	1.047 RE

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

Minerals	
Phosphorus	16.798 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	n/a
Iron	0.013 mg
Calcium	8.235 mg
Manganese	0.000 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

