

RECIPE ANALYSIS

Recipe Name : O-40
Serving Size : 1/2 Cup

Recipe Desc : Lemon Meringue Pudding
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 257.45	Calories from Fat 77.80	
% Daily Value		
Total Fat	8.64 g	13%
Saturated	2.71 g	14%
PolyUnSat	1.65 g	n/a
MonoUnSat	1.05 g	n/a
Cholesterol	116.51 mg	39%
Sodium	137.69 mg	6%
Potassium	62.38 mg	2%
Total Carbs	38.54 g	13%
Dietary Fiber	0.17 g	1%
Sugars	2.25 g	n/a
Protein	6.91 g	
Vitamin A - 9%	Vitamin C - 5%	
Calcium - 6%	Iron - 4%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 9%	Niacin - 2%	
Vitamin B6 - 2%	Folic Acid - 5%	
Vitamin B12 - 4%	Pantothenic Acid - 3%	
Phosphorous - 5%	Magnesium - 1%	
Zinc - 2%	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	0.339 mcg
Vitamin D	30.208 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	426.302 IU
Vitamin A	85.260 RE

Water Soluble Vitamins	
Thiamin B1	0.056 mg
Riboflavin B2	0.155 mg
Niacin B3	0.000 NE
Niacin B3	0.352 mg
Pyridoxine B6	0.036 mg
Cobalamin B12	0.260 mcg
Pantothenic Acid	0.328 mg
Vitamin C	3.100 mg
Folic Acid	21.615 mcg

Minerals	
Phosphorus	53.042 mg
Zinc	0.286 mg
Magnesium	2.604 mg
Copper	0.005 mg
Selenium	8.021 mg
Iron	0.650 mg
Calcium	62.760 mg
Manganese	0.005 mg
Iodine	0.000 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

