

RECIPE ANALYSIS

Recipe Name : J-1
Serving Size : 1 EACH

Recipe Desc : Apple and Celery Dressing
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 119.26	Calories from Fat 46.05	
% Daily Value		
Total Fat	5.12 g	8%
Saturated	1.17 g	6%
PolyUnSat	1.02 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	2.08 mg	1%
Sodium	242.70 mg	10%
Potassium	38.20 mg	1%
Total Carbs	16.66 g	6%
Dietary Fiber	0.45 g	2%
Sugars	6.79 g	n/a
Protein	2.58 g	
Vitamin A - 5%	Vitamin C - 2%	
Calcium - 7%	Iron - 6%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 5%	
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	10.791 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	1.385 mcg
Vitamin A	249.808 IU
Vitamin A	49.458 RE

Water Soluble Vitamins	
Thiamin B1	0.092 mg
Riboflavin B2	0.056 mg
Niacin B3	n/a
Niacin B3	0.620 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.952 mg
Folic Acid	19.828 mcg

Minerals	
Phosphorus	1.123 mg
Zinc	0.006 mg
Magnesium	0.515 mg
Copper	0.002 mg
Selenium	0.019 mg
Iron	1.165 mg
Calcium	68.154 mg
Manganese	0.005 mg
Iodine	8.167 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

