

Genesis R&D
SQL



To Order Genesis R&D SQL Product Development &
Nutritional Labeling Software - Please Contact:

Bassam Faress
559-594-4380
bfaress@garudaint.com
genesis@garudaint.com

SAMPLE, Fruit Salad

Number of Servings: 1 (125.81 g per serving)

Weight: 125.81 g

| Item Name | Item Quantity | Item Measure | Cals (kcal) | Prot (g) | Carb (g) | Sugar (g) | Fiber (g) | OCarb (g) | Fat-T (g) | Fat-S (g) |
|--------------------------------------------------------------|------------------|------------------|------------------|--------------------|--------------------|------------------------|--------------------|-------------------|----------------|----------------|
| SAMPLE, Fruit Salad | | | 153.46 | 1.96 | 19.68 | 14.85 | 2.29 | 2.54 | 8.63 | 3.55 |
| Grapes, Thompson seedless, fresh | 0.13 | cup | 13.80 | 0.14 | 3.62 | 3.10 | 0.18 | 0.34 | 0.03 | 0.01 |
| Nuts, walnuts, English, dried, dnpd | 0.06 | cup | 49.05 | 1.14 | 1.03 | 0.20 | 0.50 | 0.33 | 4.89 | 0.46 |
| Peaches, fresh, sliced, w/o skin | 0.13 | cup | 8.29 | 0.19 | 2.03 | 1.71 | 0.32 | 0.00 | 0.05 | 0.00 |
| Banana, fresh, med, 7" to 7 7/8" long | 0.13 | ea | 13.13 | 0.16 | 3.37 | 1.80 | 0.38 | 1.18 | 0.05 | 0.02 |
| Pears, halves, w/juice, cnd, not drained | 0.13 | cup | 15.50 | 0.11 | 4.01 | 3.01 | 0.50 | 0.51 | 0.02 | 0.00 |
| Apples, fresh, med, 2 3/4" Topping, whipped, semi-solid, fzn | 0.13 | ea | 8.97 | 0.04 | 2.38 | 1.79 | 0.41 | 0.18 | 0.03 | 0.00 |
| | 0.19 | cup | 44.72 | 0.18 | 3.24 | 3.24 | 0.00 | 0.00 | 3.56 | 3.06 |
| Item Name | Fat-M (g) | Fat-P (g) | Chol (mg) | A-RAE (mcg) | D-mcg (mcg) | E-AlphaT p (mg) | Vit K (mcg) | Vit C (mg) | B1 (mg) | B2 (mg) |
| SAMPLE, Fruit Salad | 0.91 | 3.66 | 0.00 | 6.10 | 0.00 | 0.44 | 5.10 | 6.23 | 0.05 | 0.04 |
| Grapes, Thompson seedless, fresh | 0.00 | 0.01 | 0.00 | 0.60 | -- | 0.04 | 2.92 | 2.16 | 0.01 | 0.01 |
| Nuts, walnuts, English, dried, dnpd | 0.67 | 3.54 | 0.00 | 0.07 | -- | 0.05 | 0.20 | 0.10 | 0.03 | 0.01 |
| Peaches, fresh, sliced, w/o skin | 0.01 | 0.02 | 0.00 | 3.40 | -- | 0.16 | 0.55 | 1.40 | 0.01 | 0.01 |
| Banana, fresh, med, 7" to 7 7/8" long | 0.00 | 0.01 | 0.00 | 0.44 | -- | 0.01 | 0.07 | 1.28 | 0.00 | 0.01 |
| Pears, halves, w/juice, cnd, not drained | 0.00 | 0.00 | 0.00 | 0.09 | -- | 0.02 | 0.09 | 0.50 | 0.00 | 0.00 |
| Apples, fresh, med, 2 3/4" Topping, whipped, semi-solid, fzn | 0.00 | 0.01 | 0.00 | 0.52 | -- | 0.03 | 0.38 | 0.79 | 0.00 | 0.00 |
| | 0.23 | 0.07 | 0.00 | 0.98 | -- | 0.13 | 0.89 | 0.00 | 0.00 | 0.00 |

SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Preparation Time: 30 minutes

Cook Time: 0

Cook Temperature:

Pan Size:

Cook Method:

| Amount | Measure | Ingredient |
|--------|---------|------------------------------------------|
| 1.00 | cup | Grapes, Thompson seedless, fresh |
| 1/2 | cup | Nuts, walnuts, English, dried, chpd |
| 1.00 | cup | Peaches, fresh, sliced, w/o skin |
| 1.00 | ea | Banana, fresh, med, 7" to 7 7/8" long |
| 1.00 | cup | Pears, halves, w/juice, cnd, not drained |
| 1.00 | ea | Apples, fresh, med, 2 3/4" |
| 1.50 | cup | Topping, whipped, semi-solid, fzn |

Nutrients per serving

Nutrition Facts

Serving Size (126g)
Servings Per Container

Amount Per Serving

Calories 0 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Mix ingredients in large bowl.

Notes

Combine fruit and nuts. Stir in frozen dessert topping just before serving.

SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Weight: 1006.5 g

Nutrition Facts

Serving Size (126g)
Servings Per Container

Amount Per Serving

Calories 0 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 2% • Vitamin C 10%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Notes:

Combine fruit and nuts. Stir in frozen dessert topping just before serving.

Cheese and Cashew Lasagna

| Nutrition Facts | | | |
|------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------|------------|
| Serving Size (294g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 280 | | Calories from Fat 120 | |
| % Daily Value* | | | |
| Total Fat 13g | | | 21% |
| Saturated Fat 2.5g | | | 13% |
| Trans Fat 0g | | | |
| Cholesterol 0mg | | | 0% |
| Sodium 700mg | | | 29% |
| Total Carbohydrate 28g | | | 9% |
| Dietary Fiber 4g | | | 17% |
| Sugars 6g | | | |
| Protein 16g | | | |
| Vitamin A 10% • Vitamin C 20% | | | |
| Calcium 8% • Iron 20% | | | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | Carbohydrate 4 | Protein 4 |

INGREDIENTS: Tofu, Tomato Sauce, water, Cashews, Tomatoes, Celery, Mushrooms, Pasta, lasagna, semolina, extra wide, dry, Lemon Juice, Onion, Yeast, nutritional, flakes, Vegetarian Stock, Soy Sauce, Onion Powder, Salt, Celery Seeds, Garlic Powder, Oregano, Basil, Pepper, black.

Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Treenuts, Wheat.

Bilingual Label/Canadian Label

| Nutrition Facts | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| Valeur nutritive | |
| Serving Size (126 g) / Portion (126 g) | |
| Servings Per Container | |
| Portions par contenant | |
| Amount | % Daily Value* |
| Teneur | % valeur quotidienne* |
| Calories / Calories 150 | |
| Fat / Lipides 9 g | 14 % |
| Saturated / saturés 3.5 g | 18 % |
| + Trans / trans 0 g | |
| Cholesterol / Cholestérol 0 mg | 0 % |
| Sodium / Sodium 5 mg | 0 % |
| Carbohydrate / Glucides 20 g | 7 % |
| Fibre / Fibres 2 g | 8 % |
| Sugars / Sucres 15 g | |
| Protein / Protéines 2 g | |
| Vitamin A / Vitamine A | 2 % |
| Vitamin C / Vitamine C | 10 % |
| Calcium / Calcium | 2 % |
| Iron / Fer | 4 % |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65 g 80 g |
| Saturated + Trans | Less Than 20 g 25 g |
| Cholesterol | Less Than 300 mg 300 mg |
| Sodium | Less Than 2,400 mg 2,400 mg |
| Total Carbohydrate | 300 g 375 g |
| Dietary Fibre | 25 g 30 g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |
| *Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques : | |
| | Calories 2 000 2 500 |
| Lipides | moins de 65 g 80 g |
| saturés + trans | moins de 20 g 25 g |
| Cholestérol | moins de 300 mg 300 mg |
| Sodium | moins de 2 400 mg 2 400 mg |
| Glucides | 300 g 375 g |
| Fibres alimentaires | 25 g 30 g |
| Calories par gramme : | |
| Lipides 9 | Glucides 4 Protéines 4 |

INGREDIENTS: Pears, Peaches, Grapes, Apples, Banana, Topping, Walnuts.

INGRÉDIENTS: poires, pêches, raisins, pommes, banane, écriimage, noix

Contains Milk, Soy, Treenuts.

Contient Lait, Soja, Noix.

Dual Declaration

Nutrition Facts

Serving Size 1 cup (88g)

Servings Per Container

| Amount Per Serving | Cereal | Cereal w milk |
|-------------------------------|------------|------------------|
| Calories | 250 | 290 |
| Calories from Fat | 15 | 25 |
| % Daily Value** | | |
| Total Fat 2g* | 3% | 4% |
| Saturated Fat 0g | 0% | 5% |
| Trans Fat --g | | |
| Cholesterol 0mg | 0% | 2% |
| Sodium 370mg | 15% | 17% |
| Total Carbohydrate 69g | 23% | 24% |
| Dietary Fiber 25g | 100% | 100% |
| Sugars 21g | | |
| Protein 11g | | |
| Vitamin A | 45% | 50% |
| Vitamin C | 0% | 0% |
| Calcium | 6% | 15% |
| Iron | 140% | 140% |

*Amount in Cereal. Cereal w/milk contributes an additional 40 Calories (10 Calories from Fat), 0.5 g Total Fat (1 g Saturated Fat), 5 mg Cholesterol, 40 mg Sodium, 4 g Total Carbohydrate (4 g Sugars), 3 g Protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Aggregate

| Nutrition Facts | | Cereal 1 | | Cereal 2 | | Cereal 3 | |
|------------------------------------------------------------------------------------------------------------------------------------|--|----------------|------------|----------------|------------|----------------|-----------|
| | | 1 cup 1 | | 1 cup 1 | | 1 cup 1 | |
| Serving Size | | | | | | | |
| Servings Per Container | | | | | | | |
| Amount Per Serving | | | | | | | |
| Calories | | 480 | | 150 | | 120 | |
| Calories from Fat | | 180 | | 10 | | 5 | |
| | | % Daily Value* | | % Daily Value* | | % Daily Value* | |
| Total Fat | | 20g | 31% | 1.5g | 2% | 1g | 2% |
| Saturated Fat | | 15g | 75% | 0g | 0% | 0g | 0% |
| Trans Fat | | --g | | --g | | --g | |
| Cholesterol | | 0mg | 0% | 0mg | 0% | 0mg | 0% |
| Sodium | | 50mg | 2% | 360mg | 15% | 210mg | 9% |
| Total Carbohydrate | | 70g | 23% | 31g | 10% | 27g | 9% |
| Dietary Fiber | | 7g | 28% | 3g | 12% | 0g | 0% |
| Sugars | | --g | | --g | | 14g | |
| Protein | | 11g | | 4g | | 1g | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | Vitamin A 2% | | Vitamin A 60% | | Vitamin A 0% | |
| | | Vitamin C 2% | | Vitamin C 60% | | Vitamin C 10% | |
| | | Calcium 15% | | Calcium 6% | | Calcium 2% | |
| | | Iron 15% | | Iron 60% | | Iron 25% | |
| Calories per gram: | | | | | | | |
| | | Fat 9 | | Carbohydrate 4 | | Protein 4 | |

SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Weight: 1006.5 g

| <i>Nutrient</i> | <i>Value</i> |
|---------------------------------|--------------|
| Gram Weight (g) | 125.81 |
| Calories (kcal) | 0 |
| Calories from Fat (kcal) | 0 |
| Calories from SatFat (kcal) | 32.04 |
| Protein (g) | 1.97 |
| Carbohydrates (g) | 19.68 |
| Dietary Fiber (g) | 2.29 |
| Soluble Fiber (g) | 0.35 |
| Total Sugars (g) | 0 |
| Monosaccharides (g) | 6.69 |
| Disaccharides (g) | 1.91 |
| Other Carbs (g) | 2.54 |
| Fat (g) | 0 |
| Saturated Fat (g) | 3.56 |
| Mono Fat (g) | 0.92 |
| Poly Fat (g) | 3.66 |
| Trans Fatty Acid (g) | 0 |
| Cholesterol (mg) | 0 |
| Water (g) | 94.97 |
| Vitamin A - IU (IU) | 124.70 |
| Vitamin A - RE (mcg) | 12.22 |
| Vitamin A - RAE (mcg) | 6.11 |
| Vitamin A - Carotenoid RE (mcg) | 12.22 |
| Vitamin A - Retinol RE (mcg) | 0 |
| Beta-Carotene (mcg) | 64.64 |
| Vitamin B1 - Thiamin (mg) | 0.06 |
| Vitamin B2 - Riboflavin (mg) | 0.05 |
| Vitamin B3 - Niacin (mg) | 0.47 |
| Niacin Equivalent (mg) | 0.81 |
| Vitamin B6 (mg) | 0.13 |
| Vitamin B12 (mcg) | 0 |
| Biotin (mcg) | 2.19 |
| Vitamin C (mg) | 6.23 |
| Vitamin D - IU (IU) | |
| Vitamin D - mcg (mcg) | |
| Vitamin E - Alpha-Toco (mg) | 0.45 |
| Folate (mcg) | 12.38 |
| Folate, DFE (mcg) | 12.38 |
| Vitamin K (mcg) | 5.11 |
| Pantothenic Acid (mg) | 0.15 |
| Calcium (mg) | 16.03 |
| Chromium (mcg) | 0.32 |
| Copper (mg) | 0.20 |
| Fluoride (mg) | |
| Iodine (mcg) | 2.69 |
| Iron (mg) | 0.51 |
| Magnesium (mg) | 22.46 |
| Manganese (mg) | 0.35 |

| <i>Nutrient</i> | <i>Value</i> |
|-------------------------------|--------------|
| Molybdenum (mcg) | 2.21 |
| Phosphorus (mg) | 44.19 |
| Potassium (mg) | 215.20 |
| Selenium (mcg) | 0.85 |
| Sodium (mg) | 5.63 |
| Zinc (mg) | 0.34 |
| Omega 3 Fatty Acid (g) | 0.72 |
| Omega 6 Fatty Acid (g) | 2.94 |
| Alcohol (g) | 0 |
| Caffeine (mg) | 0 |
| Choline (mg) | 7.37 |
| Acetic Acid (g) | 0.00 |
| Alanine (g) | 0.08 |
| Alpha Carotene (mcg) | 3.89 |
| Arginine (g) | 0.21 |
| Artificial Sweetener (mg) | 0 |
| Ash (g) | 0.56 |
| Aspartame (mg) | 0 |
| Aspartate (g) | 0.29 |
| Beta Carotene Equiv (mcg) | 74.65 |
| Boron (mcg) | 249.65 |
| Calories from TransFat (kcal) | 0 |
| Chloride (mg) | 25.63 |
| Citric Acid (g) | 0.06 |
| Cost | |
| Cryptoxanthin (mcg) | 16.13 |
| Cystine (g) | 0.02 |
| Exchange - Fat | 1.46 |
| Exchange - Fruit | 1.00 |
| Exchange - Meat | 0.13 |
| Exchange - Milk | |
| Glucose (g) | 4.02 |
| Glutamate (g) | 0.30 |
| Glycemic Index | 44.66 |
| Glycemic Load | 6.08 |
| Glycerol (g) | 0 |
| Glycine (g) | 0.08 |
| Histidine (g) | 0.05 |
| Inositol (g) | 0 |
| Insoluble Fiber (g) | 1.07 |
| Isoleucine (g) | 0.07 |
| Kilojoules (kj) | 0 |
| Lactic Acid (g) | 0 |
| Lactose (g) | 0 |
| Leucine (g) | 0.13 |
| Lutein & Zeaxanthin (mcg) | 53.20 |
| Lycopene (mcg) | 0 |
| Lysine (g) | 0.07 |

SAMPLE, Fruit Salad

Number of Servings: 1 (125.81 g per serving)

Weight: 125.81 g

| Nutrient | Value |
|---------------------------------|--------------|
| Calories (kcal) | 0 |
| Protein (g) | 1.97 |
| Carbohydrates (g) | 19.68 |
| Total Sugars (g) | 0 |
| Dietary Fiber (g) | 2.29 |
| Other Carbs (g) | 2.54 |
| Fat (g) | 0 |
| Saturated Fat (g) | 3.56 |
| Mono Fat (g) | 0.92 |
| Poly Fat (g) | 3.66 |
| Cholesterol (mg) | 0 |
| Vitamin A - RAE (mcg) | 6.11 |
| Vitamin D - mcg (mcg) | |
| Vitamin E - Alpha-Toco (mg) | 0.45 |
| Vitamin K (mcg) | 5.11 |
| Vitamin C (mg) | 6.23 |
| Vitamin B1 - Thiamin (mg) | 0.06 |
| Vitamin B2 - Riboflavin (mg) | 0.05 |
| Niacin Equivalent (mg) | 0.81 |
| Vitamin B6 (mg) | 0.13 |
| Folate, DFE (mcg) | 12.38 |
| Vitamin B12 (mcg) | 0 |
| Pantothenic Acid (mg) | 0.15 |
| Biotin (mcg) | 2.19 |
| Choline (mg) | 7.37 |
| Calcium (mg) | 16.03 |
| Phosphorus (mg) | 44.19 |
| Magnesium (mg) | 22.46 |
| Iron (mg) | 0.51 |
| Zinc (mg) | 0.34 |
| Fluoride (mg) | |
| Manganese (mg) | 0.35 |
| Iodine (mcg) | 2.69 |
| Selenium (mcg) | 0.85 |
| Copper (mg) | 0.20 |
| Chromium (mcg) | 0.32 |
| Molybdenum (mcg) | 2.21 |
| Chloride (mg) | 25.63 |
| Sodium (mg) | 5.63 |
| Potassium (mg) | 215.20 |
| Water (g) | 94.97 |
| Vitamin A - IU (IU) | 124.70 |
| Vitamin A - RE (mcg) | 12.22 |
| Vitamin A - Retinol RE (mcg) | 0 |
| Vitamin A - Carotenoid RE (mcg) | 12.22 |

SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Weight: 1006.5 g

| Nutrients | Value | Rcmd | % Rcmd | 25 | 50 | 75 | 100% |
|---------------------------------|--------|---------|--------|----|----|----|------|
| Gram Weight (g) | 125.81 | | | | | | |
| Calories (kcal) | 0 | | | | | | |
| Calories from Fat (kcal) | 0 | | | | | | |
| Calories from SatFat (kcal) | 32.04 | | | | | | |
| Protein (g) | 1.97 | 50.00 | 3.93% | | | | |
| Carbohydrates (g) | 19.68 | 300.00 | 6.56% | | | | |
| Dietary Fiber (g) | 2.29 | 25.00 | 9.17% | | | | |
| Soluble Fiber (g) | 0.35 | | | | | | |
| Total Sugars (g) | 0 | | | | | | |
| Monosaccharides (g) | 6.69 | | | | | | |
| Disaccharides (g) | 1.91 | | | | | | |
| Other Carbs (g) | 2.54 | | | | | | |
| Fat (g) | 0 | 65.00 | 0% | | | | |
| Saturated Fat (g) | 3.56 | 20.00 | 17.80% | | | | |
| Mono Fat (g) | 0.92 | | | | | | |
| Poly Fat (g) | 3.66 | | | | | | |
| Trans Fatty Acid (g) | 0 | | | | | | |
| Cholesterol (mg) | 0 | 300.00 | 0% | | | | |
| Water (g) | 94.97 | | | | | | |
| Vitamin A - IU (IU) | 124.70 | 5000.00 | 2.49% | | | | |
| Vitamin A - RE (mcg) | 12.22 | | | | | | |
| Vitamin A - RAE (mcg) | 6.11 | | | | | | |
| Vitamin A - Carotenoid RE (mcg) | 12.22 | | | | | | |
| Vitamin A - Retinol RE (mcg) | 0 | | | | | | |
| Beta-Carotene (mcg) | 64.64 | | | | | | |
| Vitamin B1 - Thiamin (mg) | 0.06 | 1.50 | 3.69% | | | | |
| Vitamin B2 - Riboflavin (mg) | 0.05 | 1.70 | 2.97% | | | | |
| Vitamin B3 - Niacin (mg) | 0.47 | 20.00 | 2.35% | | | | |
| Niacin Equivalents (mg) | 0.81 | | | | | | |
| Vitamin B6 (mg) | 0.13 | 2.00 | 6.42% | | | | |
| Vitamin B12 (mcg) | 0 | 6.00 | 0% | | | | |
| Biotin (mcg) | 2.19 | 300.00 | 0.73% | | | | |
| Vitamin C (mg) | 6.23 | 60.00 | 10.39% | | | | |
| Vitamin D - IU (IU) | | 400.00 | | | | | |
| Vitamin D - mcg (mcg) | | | | | | | |
| Vitamin E - Alpha-Toco (mg) | 0.45 | | | | | | |
| Folate (mcg) | 12.38 | 400.00 | 3.09% | | | | |
| Folate, DFE (mcg) | 12.38 | | | | | | |
| Vitamin K (mcg) | 5.11 | 80.00 | 6.38% | | | | |
| Pantothenic Acid (mg) | 0.15 | 10.00 | 1.52% | | | | |
| Calcium (mg) | 16.03 | 1000.00 | 1.60% | | | | |
| Chromium (mcg) | 0.32 | 120.00 | 0.26% | | | | |

Fruit Salad3

Number of Servings: 8.39 (120 g per serving)

Weight: 1006.5 g

8.98 Pounds per Gallon

5.30 Grams per Teaspoon

15.91 Grams per Tablespoon

31.82 Grams per Fluid Ounce

127.26 Grams per 1/2 Cup

254.53 Grams per Cup

Fat: 5.00

Water: 90.59

Total Weight: 120.00

Based on:










$lbs/gal = 8.33585 / (1.07527 (Fat) + 0.6329(TS - Fat) + Water)$

$TS = Total Solids = Total Weight - Water$

Fruit Salad Test

Number of Servings: 1 (125.81 g per serving)

Weight: 125.81 g

| Amino Acid | Actual Ratio | Ideal Ratio | = | Score | 25 | 50 | 75 | 100% |
|--------------------------|--------------|-------------|---|-------|------------------------------------------------------------------------------------|----|----|------|
| Histidine | 25.38 | ÷ 18 | = | 141% |  | | | |
| Isoleucine | 35.53 | ÷ 25 | = | 142% |  | | | |
| Leucine | 65.99 | ÷ 55 | = | 119% |  | | | |
| Lysine | 35.53 | ÷ 51 | = | 69% |  | | | |
| Methionine + Cystine | 25.38 | ÷ 25 | = | 101% |  | | | |
| Phenylalanine + Tyrosine | 65.99 | ÷ 47 | = | 140% |  | | | |
| Threonine | 35.53 | ÷ 27 | = | 131% |  | | | |
| Tryptophan | 10.15 | ÷ 7 | = | 145% |  | | | |
| Valine | 45.69 | ÷ 32 | = | 142% |  | | | |

Recipe: Adaptable Spinach Bake

Adaptable Spinach Bake

Number of Servings: 5.0 (158.793 g per serving)

Weight: 793.9651 g

| Item Name | Quantity | Measure | ESHA Code |
|------------------------------|----------|--------------|-----------|
| Cheese, Swiss, shredded | 1 | Cup | 1027 |
| Salt, table | 1/2 | Teaspoon | 26014 |
| Spinach, fzn | 10 | Ounce-weight | 1830 |
| Sauce, worcestershire | 1/2 | Teaspoon | 53099 |
| Thyme, ground | 1/2 | Teaspoon | 26033 |
| Milk, 2%, w/add vit A & D | 1/3 | Cup | 218 |
| Butter, salted, cup | 2 | Tablespoon | 8000 |
| Rice, white, med grain, c... | 1 | Cup | 38097 |
| Nutmeg, ground | 1/8 | Teaspoon | 26026 |
| Eggs, whole, raw, lrg, ea | 2 | Each | 19501 |

Nutrients

| | | | | | | | |
|------------------|---------|-----------------|--------|------------------|--------|---------------|--------|
| Gram Weight | 33 g | *Saturated Fat | 32 g | Biotin | 44 mcg | Iron | 32 mg |
| Cost | | Mono Fat | 23 g | Vitamin C | 18 mg | Magnesium | 32 mg |
| Calories | 35 kcal | Poly Fat | 39 g | Vitamin D - IU | 27 IU | Manganese | 13 mg |
| Calories from F | 53 kcal | Trans Fatty Aci | 0 g | Vitamin D - mcg | 57 mcg | Molybdenum | 36 mcg |
| *Calories from S | 38 kcal | Cholesterol | 33 mg | Vitamin E - Alpi | 31 mg | Phosphorus | 55 mg |
| Protein | 43 g | Vitamin A - IU | 14 IU | Folate | 73 mcg | Potassium | 44 mg |
| Carbohydrates | 42 g | Vitamin A - RAI | 44 mcg | Folate, DFE | 73 mcg | Selenium | 95 mcg |
| *Dietary Fiber | 32 g | Vitamin A - Car | 35 mcg | Vitamin K | 59 mcg | Sodium | 59 mg |
| *Soluble Fiber | 32 g | Vitamin B1 - Th | 12 mg | Pantothenic Ac | 32 mg | Zinc | 55 mg |
| Total Sugars | 72 g | Vitamin B2 - Ri | 72 mg | Calcium | 79 mg | Omega 3 Fatty | 52 g |
| Monosaccharid | 35 g | Vitamin B3 - Ni | 44 mg | Chromium | mcg | Omega 6 Fatty | 36 g |
| Disaccharides | 77 g | Niacin Equivale | 51 mg | Copper | 31 mg | | |
| Other Carbs | 27 g | Vitamin B6 | 15 mg | Fluoride | mg | | |
| Fat | 79 g | Vitamin B12 | 36 mcg | Iodine | 28 mcg | | |

Notes

* The nutrient value is overridden.

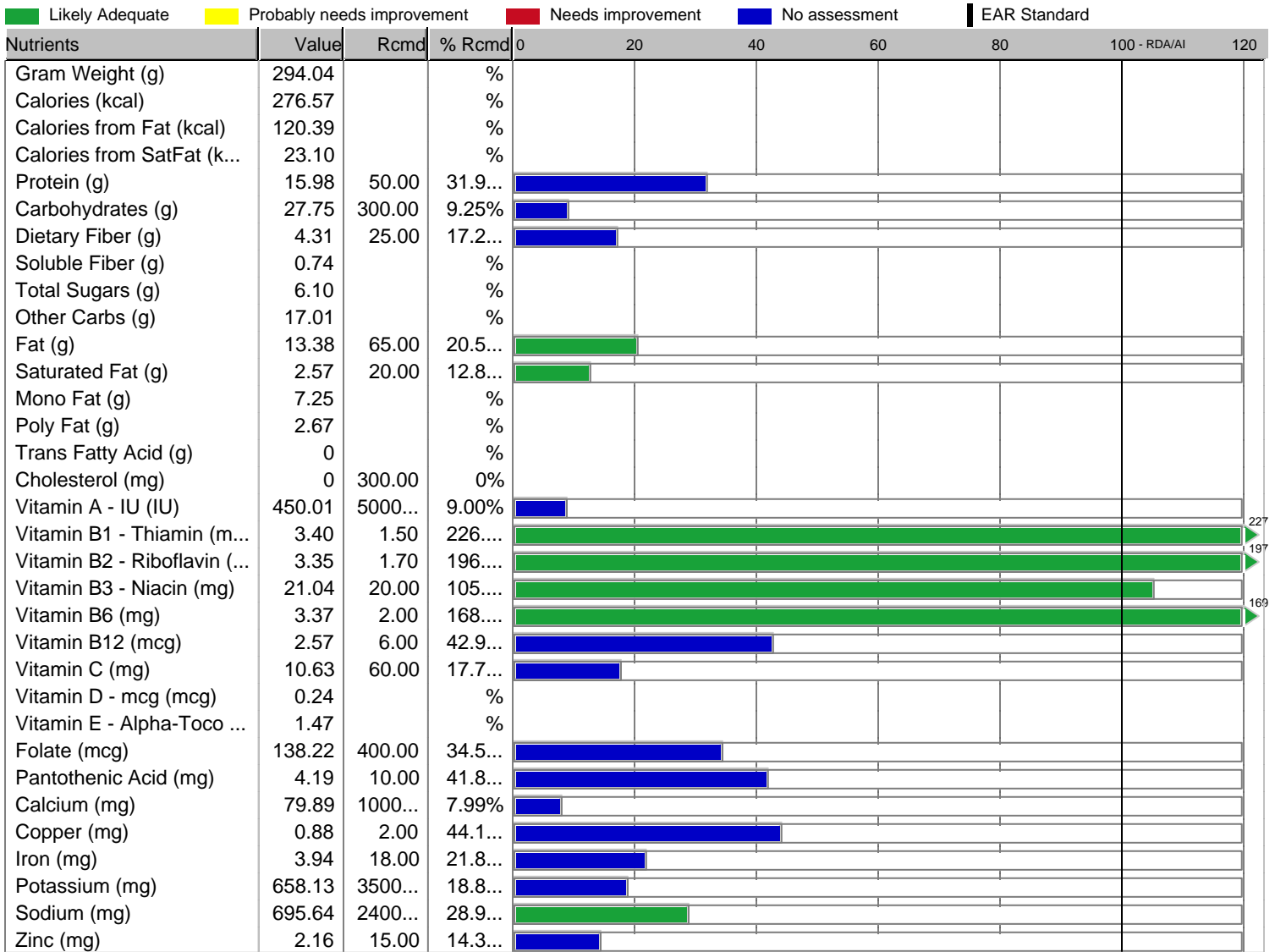
Spreadsheet: Adaptable Spinach Bake

| Item Name | Quantity | Measure | Wgt(g) | Cost | Cals(kcal) | Cals From Fat(kcal) |
|-------------------------------|----------|--------------|----------|------|------------|---------------------|
| Adaptable Spinach Bake | | | | | | |
| Cheese, Swiss, shredded | 0.2 | Cup | 21.6 | -- | 82.08 | 54.0432 |
| Salt, table | 0.1 | Teaspoon | 0.6 | -- | 0 | 0 |
| Spinach, fzn | 2 | Ounce-weight | 56.698 | -- | 13.33286 | 0 |
| Sauce, worcestershire | 0.1 | Teaspoon | 0.56667 | -- | 0.37967 | 0 |
| Thyme, ground | 0.1 | Teaspoon | 0.14 | -- | 0.3864 | 0.09362 |
| Milk, 2%, w/add vit A & D | 0.06667 | Cup | 16.33333 | -- | 8.66667 | 3.0 |
| Butter, salted, cup | 0.4 | Tablespoon | 5.6 | -- | 40.152 | 40.152 |
| Rice, white, med grain, c... | 0.2 | Cup | 37.2 | -- | 48.36 | 0.738 |
| Nutmeg, ground | 0.025 | Teaspoon | 0.055 | -- | 0.28875 | 0.17973 |
| Eggs, whole, raw, lrg, ea | 0.4 | Each | 20.0 | -- | 29.4 | 17.892 |
| Total | | | 158.793 | -- | 223.04635 | 116.06363 |

| Item Name | Cals Sat Fat(kcal) | Prot(g) | Carb(g) | Fiber(g) | Fib-S(g) | Sugar(g) | MoSac(g) | DiSac(g) |
|-------------------------------|--------------------|----------|----------|-------------|-------------|----------|----------|----------|
| Adaptable Spinach Bake | | | | | | | | |
| Cheese, Swiss, shredded | 34.56238 | 5.81688 | 1.1628 | 0 | 0 | 0.28512 | 0.1519 | 0.17993 |
| Salt, table | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Spinach, fzn | 0 | 1.33329 | 1.99993 | 1.33329 | -- | 0.66664 | -- | -- |
| Sauce, worcestershire | 0 | 0 | 0.1127 | 0 | 0 | 0.05684 | -- | -- |
| Thyme, ground | 0.0344 | 0.01275 | 0.08952 | 0.0518 | -- | 0.0239 | -- | -- |
| Milk, 2%, w/add vit A & D | 1.8 | 0.53333 | 0.86667 | 0 | 0 | 0.8 | -- | -- |
| Butter, salted, cup | 20.58386 | 0.0476 | 0.0336 | 0 | 0 | 0.0336 | -- | -- |
| Rice, white, med grain, c... | 0.1984 | 0.88536 | 10.63548 | 0.1116 | 0.0372 | 0.186 | -- | -- |
| Nutmeg, ground | 0.1284 | 0.0321 | 0.02711 | 0.01144 | -- | 0.01567 | -- | -- |
| Eggs, whole, raw, lrg, ea | 5.5782 | 2.516 | 0.154 | 0 | 0 | 0.154 | 0.08716 | 0.06684 |
| Total | 2.88 | 11.14843 | 15.04842 | 0.32 | 0.32 | 2.172 | 0.19235 | 0.24677 |

| Item Name | OCarb(g) | Fat-T(g) | Fat-S(g) | Fat-M(g) | Fat-P(g) | TFA(g) | Chol(mg) | H2O(g) |
|-------------------------------|----------|----------|-------------|----------|----------|--------|-----------|-----------|
| Adaptable Spinach Bake | | | | | | | | |
| Cheese, Swiss, shredded | 0.87696 | 6.048 | 3.8426 | 1.57118 | 0.2995 | -- | 19.872 | 8.01792 |
| Salt, table | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0.012 |
| Spinach, fzn | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 52.72348 |
| Sauce, worcestershire | 0.05344 | 0 | 0 | 0 | 0 | 0 | 0 | 0.4456 |
| Thyme, ground | 0.03532 | 0.014 | 0.0382 | 0.066 | 0.0167 | 0 | 0 | 0.0191 |
| Milk, 2%, w/add vit A & D | 0.06667 | 0.33333 | 0.2 | -- | -- | -- | 1.33333 | -- |
| Butter, salted, cup | 0 | 4.54216 | 2.2871 | 1.86743 | 0.1655 | -- | 12.04 | 0.88872 |
| Rice, white, med grain, c... | 10.33788 | 0.07812 | 0.0212 | 0.02418 | 0.0283 | 0 | 0 | 25.52292 |
| Nutmeg, ground | 0 | 0.01997 | 0.01427 | 0.0177 | 0.019 | 0 | 0 | 0.0343 |
| Eggs, whole, raw, lrg, ea | 0 | 1.988 | 0.6198 | 0.762 | 0.2728 | -- | 84.6 | 15.168 |
| Total | 11.3727 | 12.97679 | 0.32 | 4.22723 | 0.66599 | 0 | 117.84533 | 102.78163 |

Bar Graph - RDA/AI: Cheese and Cashew Lasagna

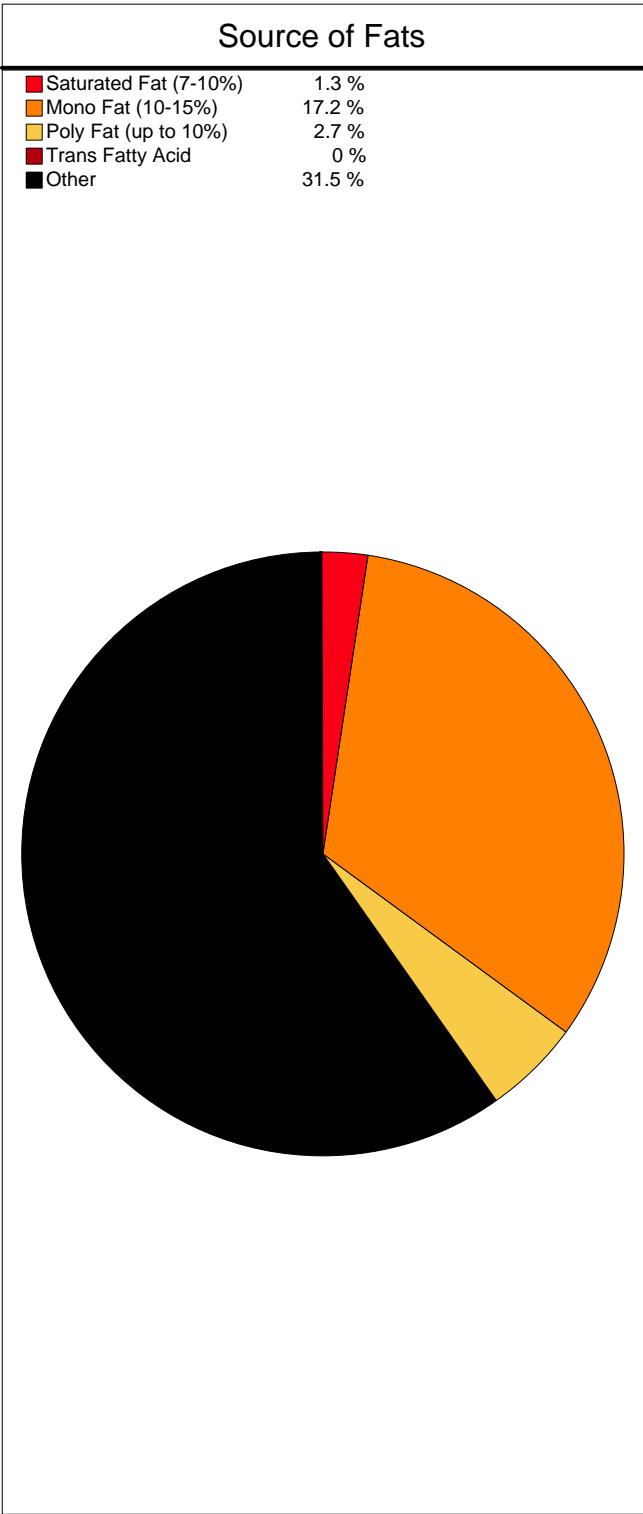


Single Nutrient: Adaptable Spinach Bake

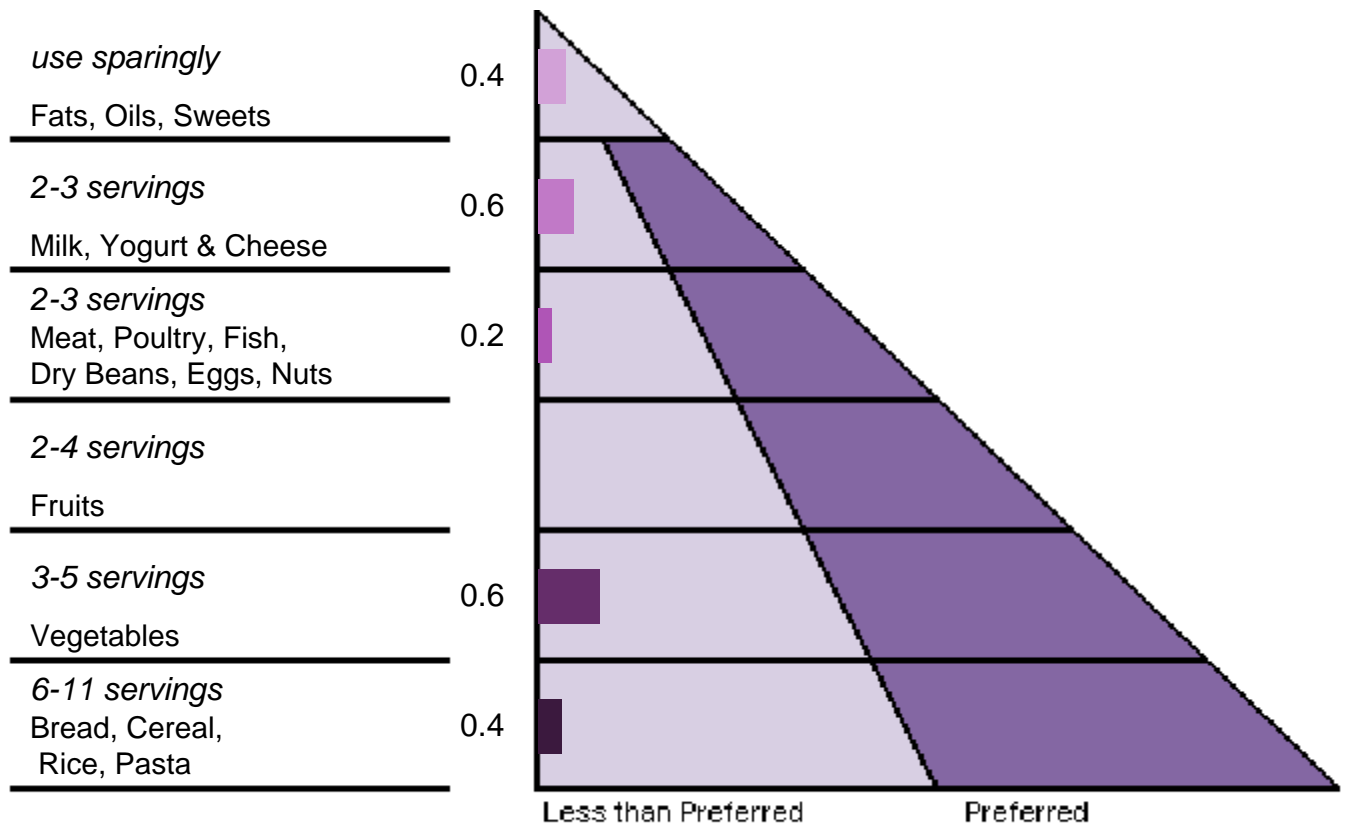
| Item Name | Quantity | Measure | Cals(kcal) | Percent | 0 | 25 | 50 | 75 | 100 |
|-----------------------------|----------|------------|------------|---------|---|----|----|----|-----|
| Adaptable Spinach Bake | 1 | Serving | 223.04635 | 100% | | | | | |
| Cheese, Swiss, shredded | 0.2 | Cup | 82.08 | 37% | | | | | |
| Rice, white, med grain, ckd | 0.2 | Cup | 48.36 | 22% | | | | | |
| Butter, salted, cup | 0.4 | Tablesp... | 40.152 | 18% | | | | | |
| Eggs, whole, raw, lrg, ea | 0.4 | Each | 29.4 | 13% | | | | | |
| Spinach, fzn | 2 | Ounce-w... | 13.33286 | 6% | | | | | |
| Milk, 2%, w/add vit A & D | 0.06667 | Cup | 8.66667 | 4% | | | | | |
| Thyme, ground | 0.1 | Teaspoon | 0.3864 | 0% | | | | | |
| Sauce, worcestershire | 0.1 | Teaspoon | 0.37967 | 0% | | | | | |
| Nutmeg, ground | 0.025 | Teaspoon | 0.28875 | 0% | | | | | |
| Salt, table | 0.1 | Teaspoon | 0 | 0% | | | | | |

Calories and Fats: Adaptable Spinach Bake

| Source of Calories | | 0 | 11 | 22 | 33 | 44 | 55 |
|--------------------|--------|-----------------------|----|----|----|----|----|
| Protein | 20.... | [Bar extending to 20] | | | | | |
| Carbohydr... | 27.... | [Bar extending to 27] | | | | | |
| Fat | 52.... | [Bar extending to 52] | | | | | |
| Alcohol | 0% | [Bar extending to 0] | | | | | |



Pyramid: Adaptable Spinach Bake



Multi Column: Cheese and Cashew Lasagna

| Nutrient | Per Svg | Per 100g | Nutrient | Per Svg | Per 100g |
|--------------------------|---------|----------|---------------------------|---------|----------|
| Gram Weight (g) | 294.04 | 100.00 | Vitamin B1 - Thiamin (m | 3.40 | 1.16 |
| Calories (kcal) | 276.57 | 94.06 | Vitamin B2 - Riboflavin (| 3.35 | 1.14 |
| Calories from Fat (kcal) | 120.39 | 40.95 | Vitamin B3 - Niacin (mg) | 21.04 | 7.15 |
| Calories from SatFat (k | 23.10 | 7.85 | Vitamin B6 (mg) | 3.37 | 1.15 |
| Protein (g) | 15.98 | 5.43 | Vitamin B12 (mcg) | 2.57 | 0.88 |
| Carbohydrates (g) | 27.75 | 9.44 | Vitamin C (mg) | 10.63 | 3.61 |
| Dietary Fiber (g) | 4.31 | 1.46 | Vitamin D - mcg (mcg) | 0.24 | 0.08 |
| Soluble Fiber (g) | 0.74 | 0.25 | Vitamin E - Alpha-Toco (| 1.47 | 0.50 |
| Total Sugars (g) | 6.10 | 2.08 | Folate (mcg) | 138.22 | 47.01 |
| Other Carbs (g) | 17.01 | 5.79 | Pantothenic Acid (mg) | 4.19 | 1.42 |
| Fat (g) | 13.38 | 4.55 | Calcium (mg) | 79.89 | 27.17 |
| Saturated Fat (g) | 2.57 | 0.87 | Copper (mg) | 0.88 | 0.30 |
| Mono Fat (g) | 7.25 | 2.46 | Iron (mg) | 3.94 | 1.34 |
| Poly Fat (g) | 2.67 | 0.91 | Potassium (mg) | 658.13 | 223.82 |
| Trans Fatty Acid (g) | 0 | 0 | Sodium (mg) | 695.64 | 236.58 |
| Cholesterol (mg) | 0 | 0 | Zinc (mg) | 2.16 | 0.73 |
| Vitamin A - IU (IU) | 450.01 | 153.04 | | | |