

Nutritional Detail with Moisture/Fat Change

ID	*Banana Poppseed Dres		Servings	0 Moisture Factor			0 Fat Factor			Type
Ingredient	TotalGrWt	Protein	Fat	Carbs	Ash	Calories	Moist	Fiber	Calcium	Iron
BANANA - GREEN T	236.000	2.572	0.779	53.902	1.935	210.040	176.788	6.136	11.800	0.614
honey pure clover	63.000	0.189	0.000	51.912	0.126	191.520	10.773	0.126	3.780	0.265
Juice Lemon Plastic (p	5.080	0.019	0.000	0.438	0.013	1.270	4.609	0.020	0.356	0.002
POPPY SEED	17.600	3.175	7.867	4.169	1.193	93.808	1.193	1.760	254.848	1.653
yogurt, plain BULK	245.000	14.039	0.441	18.816	2.891	137.200	208.814	0.000	487.550	0.221
Sub-Total	566.680	19.994	9.087	129.238	6.159	633.838	402.176	8.042	758.334	2.753
Mois/Fat Change	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Total	566.680	19.994	9.087	129.238	6.159	633.838	402.176	8.042	758.334	2.753
Per 100 Grams	100.000	3.528	1.604	22.806	1.087	111.851	70.971	1.419	133.820	0.486
Per Serving	#Div/0!	#Div/0!	#Div/0!	#Div/0!	#Div/0!	#Div/0!	#Div/0!	#Div/0!	#Div/0!	#Div/0!

%Fat: 12.903% **%SatFat: 1.996%** **%Protein: 12.618%** **%Carb: 81.559%**

