

RECIPE ANALYSIS

Recipe Name : N-92
Serving Size : 1/8 of 9" pie

Recipe Desc : Almond Cheesecake
Prep Time :

Author :
Cook Time :

Yield : 64

Nutrition Information		
Serving Size: 1/8 of 9" pie		
Amount Per Serving		
Calories 382.65	Calories from Fat 173.48	
	% Daily Value	
Total Fat	19.28 g	30%
Saturated	6.81 g	34%
PolyUnSat	3.11 g	n/a
MonoUnSat	0.14 g	n/a
Cholesterol	14.65 mg	5%
Sodium	431.66 mg	18%
Potassium	193.08 mg	6%
Total Carbs	44.13 g	15%
Dietary Fiber	0.83 g	3%
Sugars	28.05 g	n/a
Protein	8.05 g	
Vitamin A - 14%	Vitamin C - 1%	
Calcium - 20%	Iron - 8%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 4%	Niacin - 4%	
Vitamin B6 - 0%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 18%	Magnesium - 3%	
Zinc - 1%	Copper - 2%	
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	18.750 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	696.874 IU
Vitamin A	139.375 RE

Water Soluble Vitamins	
Thiamin B1	0.096 mg
Riboflavin B2	0.060 mg
Niacin B3	n/a
Niacin B3	0.795 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.478 mg
Folic Acid	22.501 mcg

Minerals	
Phosphorus	180.953 mg
Zinc	0.122 mg
Magnesium	10.828 mg
Copper	0.048 mg
Selenium	n/a
Iron	1.416 mg
Calcium	197.482 mg
Manganese	n/a
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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.