

RECIPE ANALYSIS

Recipe Name : N-90
Serving Size : 3 x 2.5" Piece

Recipe Desc : Almond Cream Chocolate Cake
Prep Time :

Author :
Cook Time :

Yield : 30

Nutrition Information		
Serving Size: 3 x 2.5" Piece		
Amount Per Serving		
Calories 564.82	Calories from Fat 259.07	
% Daily Value		
Total Fat	28.79 g	44%
Saturated	14.51 g	73%
PolyUnSat	0.55 g	n/a
MonoUnSat	4.24 g	n/a
Cholesterol	93.30 mg	31%
Sodium	473.80 mg	20%
Potassium	340.69 mg	10%
Total Carbs	70.23 g	23%
Dietary Fiber	1.67 g	7%
Sugars	48.16 g	n/a
Protein	5.26 g	
Vitamin A - 14%	Vitamin C - 1%	
Calcium - 9%	Iron - 14%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 13%	Niacin - 5%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 4%	Magnesium - 1%	
Zinc - 1%	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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	712.039 IU
Vitamin A	192.784 RE

Water Soluble Vitamins	
Thiamin B1	0.144 mg
Riboflavin B2	0.215 mg
Niacin B3	n/a
Niacin B3	1.064 mg
Pyridoxine B6	0.010 mg
Cobalamin B12	0.072 mcg
Pantothenic Acid	0.102 mg
Vitamin C	0.745 mg
Folic Acid	1.468 mcg

Minerals	
Phosphorus	37.232 mg
Zinc	0.156 mg
Magnesium	2.788 mg
Copper	0.002 mg
Selenium	0.000 mg
Iron	2.475 mg
Calcium	91.362 mg
Manganese	0.000 mg
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.