

RECIPE ANALYSIS

Recipe Name : N-71
Serving Size : 6 x 10 piece

Recipe Desc : Almond Toffee Bar
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 6 x 10 piece		
Amount Per Serving		
Calories 354.06	Calories from Fat 198.57	
% Daily Value		
Total Fat	22.06 g	34%
Saturated	7.77 g	39%
PolyUnSat	1.48 g	n/a
MonoUnSat	1.45 g	n/a
Cholesterol	16.61 mg	6%
Sodium	135.99 mg	6%
Potassium	129.74 mg	4%
Total Carbs	38.67 g	13%
Dietary Fiber	3.81 g	15%
Sugars	25.59 g	n/a
Protein	5.88 g	
Vitamin A - 4%	Vitamin C - 0%	
Calcium - 4%	Iron - 11%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 6%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 8%	Magnesium - 11%	
Zinc - 3%	Copper - 9%	
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	0.038 mcg
Vitamin D	1.517 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	220.636 IU
Vitamin A	44.126 RE

Water Soluble Vitamins	
Thiamin B1	0.053 mg
Riboflavin B2	0.103 mg
Niacin B3	n/a
Niacin B3	0.504 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.029 mcg
Pantothenic Acid	0.068 mg
Vitamin C	0.128 mg
Folic Acid	5.574 mcg

Minerals	
Phosphorus	83.709 mg
Zinc	0.517 mg
Magnesium	45.539 mg
Copper	0.177 mg
Selenium	0.898 mg
Iron	1.918 mg
Calcium	38.424 mg
Manganese	0.152 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

