

RECIPE ANALYSIS

Recipe Name : N-02
Serving Size : 1 piece

Recipe Desc : Apple Cobbler
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 piece		
Amount Per Serving		
Calories 167.66	Calories from Fat 48.79	
% Daily Value		
Total Fat	5.42 g	8%
Saturated	1.45 g	7%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.07 g	n/a
Cholesterol	0.00 mg	0%
Sodium	1.04 mg	0%
Potassium	14.68 mg	0%
Total Carbs	28.83 g	10%
Dietary Fiber	1.45 g	6%
Sugars	3.55 g	n/a
Protein	0.93 g	
Vitamin A - 0%	Vitamin C - 21%	
Calcium - 1%	Iron - 4%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 0%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	0.627 IU
Vitamin A	0.127 RE

Water Soluble Vitamins	
Thiamin B1	0.048 mg
Riboflavin B2	0.030 mg
Niacin B3	0.000 NE
Niacin B3	0.401 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	12.713 mg
Folic Acid	11.340 mcg

Minerals	
Phosphorus	8.089 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.799 mg
Calcium	14.660 mg
Manganese	0.000 mg
Iodine	0.000 mcg

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

