

# RECIPE ANALYSIS

Recipe Name : N-08  
Serving Size : 1 Piece

Recipe Desc : Black Forest Brownie  
Prep Time :

Author :  
Cook Time :

Yield : 240

Nutrition Information		
Serving Size: 1 Piece		
Amount Per Serving		
<b>Calories 391.34</b>	<b>Calories from Fat 71.59</b>	
% Daily Value		
<b>Total Fat</b>	<b>7.95 g</b>	<b>12%</b>
Saturated	1.76 g	9%
PolyUnSat	0.65 g	n/a
MonoUnSat	1.55 g	n/a
<b>Cholesterol</b>	<b>0.23 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>277.56 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>70.38 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>76.31 g</b>	<b>25%</b>
Dietary Fiber	2.51 g	10%
Sugars	45.19 g	n/a
<b>Protein</b>	<b>4.56 g</b>	
Vitamin A - 3%	Vitamin C - 3%	
Calcium - 4%	Iron - 15%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 5%	
Zinc - 2%	Copper - 6%	
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	159.590 IU
Vitamin A	31.918 RE

Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.052 mg
Niacin B3	0.000 NE
Niacin B3	0.221 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	1.877 mg
Folic Acid	3.941 mcg

Minerals	
Phosphorus	42.752 mg
Zinc	0.326 mg
Magnesium	19.419 mg
Copper	0.125 mg
Selenium	0.000 mg
Iron	2.706 mg
Calcium	35.597 mg
Manganese	0.142 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**

