

RECIPE ANALYSIS

Recipe Name : N-10
Serving Size : 1 Piece

Recipe Desc : Boston Cream Pie
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Piece		
Amount Per Serving		
Calories 210.58	Calories from Fat 54.32	
% Daily Value		
Total Fat	6.04 g	9%
Saturated	2.85 g	14%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	10.36 mg	3%
Sodium	256.74 mg	11%
Potassium	32.37 mg	1%
Total Carbs	37.08 g	12%
Dietary Fiber	0.48 g	2%
Sugars	20.55 g	n/a
Protein	2.34 g	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 4%	Iron - 4%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 5%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	n/a
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	53.985 IU
Vitamin A	10.796 RE

Water Soluble Vitamins	
Thiamin B1	0.085 mg
Riboflavin B2	0.079 mg
Niacin B3	n/a
Niacin B3	0.680 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.057 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	2.551 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.780 mg
Calcium	40.622 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

