

# RECIPE ANALYSIS

Recipe Name : N-87  
Serving Size : 3" Square

Recipe Desc : Brownie Mint Sandwich  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 3" Square		
Amount Per Serving		
<b>Calories 334.58</b>	<b>Calories from Fat 94.56</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.51 g</b>	<b>16%</b>
Saturated	5.78 g	29%
PolyUnSat	0.99 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>294.45 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>208.00 mg</b>	<b>6%</b>
<b>Total Carbs</b>	<b>58.39 g</b>	<b>19%</b>
Dietary Fiber	0.35 g	1%
Sugars	12.38 g	n/a
<b>Protein</b>	<b>4.20 g</b>	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 1%	Iron - 9%	
Vitamin E - n/a	Thiamin - 67%	
Riboflavin - 5%	Niacin - 5%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 1%	Pantothenic Acid - n/a	
Phosphorous - 5%	Magnesium - 1%	
Zinc - 0%	Copper - n/a	
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	n/a
Vitamin E	0.020 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	4.174 IU
Vitamin A	0.835 RE

Water Soluble Vitamins	
Thiamin B1	1.001 mg
Riboflavin B2	0.079 mg
Niacin B3	n/a
Niacin B3	1.001 mg
Pyridoxine B6	0.010 mg
Cobalamin B12	0.039 mcg
Pantothenic Acid	n/a
Vitamin C	0.010 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	45.598 mg
Zinc	0.000 mg
Magnesium	2.563 mg
Copper	n/a
Selenium	n/a
Iron	1.640 mg
Calcium	13.728 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**

