

# RECIPE ANALYSIS

Recipe Name : N-11  
Serving Size : 1 Piece

Recipe Desc : Butterscotch Bars  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 Piece		
Amount Per Serving		
<b>Calories 271.94</b>	<b>Calories from Fat 58.88</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.54 g</b>	<b>10%</b>
Saturated	3.49 g	17%
PolyUnSat	0.07 g	n/a
MonoUnSat	0.24 g	n/a
<b>Cholesterol</b>	<b>47.32 mg</b>	<b>16%</b>
<b>Sodium</b>	<b>100.30 mg</b>	<b>4%</b>
<b>Potassium</b>	<b>69.56 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>48.31 g</b>	<b>16%</b>
Dietary Fiber	0.92 g	4%
Sugars	34.86 g	n/a
<b>Protein</b>	<b>4.29 g</b>	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 3%	Iron - 21%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 23%	Niacin - 12%	
Vitamin B6 - 1%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 8%	Magnesium - 3%	
Zinc - 1%	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	137.234 IU
Vitamin A	27.372 RE

Water Soluble Vitamins	
Thiamin B1	0.142 mg
Riboflavin B2	0.386 mg
Niacin B3	0.000 NE
Niacin B3	2.473 mg
Pyridoxine B6	0.019 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.080 mg
Vitamin C	0.058 mg
Folic Acid	24.699 mcg

Minerals	
Phosphorus	76.003 mg
Zinc	0.221 mg
Magnesium	12.470 mg
Copper	0.000 mg
Selenium	0.184 mg
Iron	3.708 mg
Calcium	32.628 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**

