

# RECIPE ANALYSIS

Recipe Name : N-89  
Serving Size : 3 x 2 1/2" Bar

Recipe Desc : Butterscotch Brownies  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 x 2 1/2" Bar		
Amount Per Serving		
<b>Calories 272.64</b>	<b>Calories from Fat 101.07</b>	
	% Daily Value	
<b>Total Fat</b>	<b>11.23 g</b>	<b>17%</b>
Saturated	6.00 g	30%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.49 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>207.18 mg</b>	<b>9%</b>
<b>Potassium</b>	<b>136.11 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>41.97 g</b>	<b>14%</b>
Dietary Fiber	1.42 g	6%
Sugars	32.08 g	n/a
<b>Protein</b>	<b>2.76 g</b>	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 2%	Iron - 10%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 7%	Niacin - 6%	
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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	5.855 IU
Vitamin A	1.170 RE

Water Soluble Vitamins	
Thiamin B1	0.142 mg
Riboflavin B2	0.116 mg
Niacin B3	n/a
Niacin B3	1.216 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.117 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.884 mg
Calcium	24.291 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**

