

RECIPE ANALYSIS

Recipe Name : N-69
Serving Size : 1 Slice

Recipe Desc : Cake Rolls
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 Slice		
Amount Per Serving		
Calories 158.94	Calories from Fat 23.09	
% Daily Value		
Total Fat	2.57 g	4%
Saturated	0.79 g	4%
PolyUnSat	0.36 g	n/a
MonoUnSat	0.96 g	n/a
Cholesterol	106.25 mg	35%
Sodium	97.95 mg	4%
Potassium	43.26 mg	1%
Total Carbs	30.72 g	10%
Dietary Fiber	0.19 g	1%
Sugars	4.90 g	n/a
Protein	3.75 g	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 9%	Niacin - 2%	
Vitamin B6 - 2%	Folic Acid - 5%	
Vitamin B12 - 4%	Pantothenic Acid - 3%	
Phosphorous - 6%	Magnesium - 1%	
Zinc - 2%	Copper - 1%	
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	0.325 mcg
Vitamin D	13.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	161.144 IU
Vitamin A	32.229 RE

Water Soluble Vitamins	
Thiamin B1	0.052 mg
Riboflavin B2	0.148 mg
Niacin B3	n/a
Niacin B3	0.314 mg
Pyridoxine B6	0.041 mg
Cobalamin B12	0.250 mcg
Pantothenic Acid	0.338 mg
Vitamin C	0.092 mg
Folic Acid	20.293 mcg

Minerals	
Phosphorus	58.945 mg
Zinc	0.312 mg
Magnesium	3.675 mg
Copper	0.013 mg
Selenium	7.700 mg
Iron	0.607 mg
Calcium	14.203 mg
Manganese	0.041 mg
Iodine	6.125 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

