

RECIPE ANALYSIS

Recipe Name : N-14
Serving Size : 1 Piece

Recipe Desc : Caramel Oatmeal Squares
Prep Time :

Author :
Cook Time :

Yield : 210

Nutrition Information		
Serving Size: 1 Piece		
Amount Per Serving		
Calories 440.62	Calories from Fat 209.66	
% Daily Value		
Total Fat	23.30 g	36%
Saturated	6.17 g	31%
PolyUnSat	4.71 g	n/a
MonoUnSat	1.86 g	n/a
Cholesterol	2.00 mg	1%
Sodium	340.73 mg	14%
Potassium	42.80 mg	1%
Total Carbs	55.59 g	19%
Dietary Fiber	1.64 g	7%
Sugars	36.54 g	n/a
Protein	3.23 g	
Vitamin A - 17%	Vitamin C - 0%	
Calcium - 2%	Iron - 15%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 6%	Niacin - 5%	
Vitamin B6 - 1%	Folic Acid - 7%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 1%	
Zinc - 1%	Copper - 2%	
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	0.021 mcg
Vitamin D	0.875 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	826.718 IU
Vitamin A	165.346 RE

Water Soluble Vitamins	
Thiamin B1	0.162 mg
Riboflavin B2	0.094 mg
Niacin B3	0.000 NE
Niacin B3	1.021 mg
Pyridoxine B6	0.019 mg
Cobalamin B12	0.053 mcg
Pantothenic Acid	0.064 mg
Vitamin C	0.133 mg
Folic Acid	29.117 mcg

Minerals	
Phosphorus	30.515 mg
Zinc	0.205 mg
Magnesium	5.365 mg
Copper	0.045 mg
Selenium	0.437 mg
Iron	2.627 mg
Calcium	22.833 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

