

RECIPE ANALYSIS

Recipe Name : N-16a
Serving Size : 1/8 Cake

Recipe Desc : Cheese Cake
Prep Time :

Author :
Cook Time :

Yield : 64

Nutrition Information		
Serving Size: 1/8 Cake		
Amount Per Serving		
Calories 638.36	Calories from Fat 390.84	
	% Daily Value	
Total Fat	43.43 g	67%
Saturated	24.64 g	123%
PolyUnSat	0.57 g	n/a
MonoUnSat	3.63 g	n/a
Cholesterol	190.17 mg	63%
Sodium	474.23 mg	20%
Potassium	138.90 mg	4%
Total Carbs	53.28 g	18%
Dietary Fiber	0.00 g	0%
Sugars	7.39 g	n/a
Protein	8.29 g	
Vitamin A - 26%	Vitamin C - 1%	
Calcium - 22%	Iron - 6%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 15%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 3%	Pantothenic Acid - 2%	
Phosphorous - 13%	Magnesium - 1%	
Zinc - 4%	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	0.153 mcg
Vitamin D	6.136 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1306.062 IU
Vitamin A	298.995 RE

Water Soluble Vitamins	
Thiamin B1	0.042 mg
Riboflavin B2	0.262 mg
Niacin B3	n/a
Niacin B3	0.106 mg
Pyridoxine B6	0.024 mg
Cobalamin B12	0.172 mcg
Pantothenic Acid	0.225 mg
Vitamin C	0.685 mg
Folic Acid	6.648 mcg

Minerals	
Phosphorus	128.021 mg
Zinc	0.652 mg
Magnesium	3.271 mg
Copper	0.004 mg
Selenium	3.635 mg
Iron	1.134 mg
Calcium	220.223 mg
Manganese	0.002 mg
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

