

RECIPE ANALYSIS

Recipe Name : N-17
Serving Size : 1 Piece

Recipe Desc : Cherry Cobbler
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information

Serving Size: 1 Piece

Amount Per Serving

Calories 258.09 **Calories from Fat 65.14**

% Daily Value

Total Fat	7.24 g	11%
Saturated	2.05 g	10%
PolyUnSat	0.09 g	n/a
MonoUnSat	0.17 g	n/a
Cholesterol	1.82 mg	1%
Sodium	337.77 mg	14%
Potassium	20.66 mg	1%
Total Carbs	45.57 g	15%
Dietary Fiber	0.94 g	4%
Sugars	5.06 g	n/a
Protein	2.95 g	

Vitamin A - 5%	Vitamin C - 2%
Calcium - 3%	Iron - 7%
Vitamin E - n/a	Thiamin - 8%
Riboflavin - 4%	Niacin - 5%
Vitamin B6 - n/a	Folic Acid - 7%
Vitamin B12 - n/a	Pantothenic Acid - n/a
Phosphorous - 15%	Magnesium - 0%
Zinc - 0%	Copper - n/a

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	5.208 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	240.742 IU
Vitamin A	48.148 RE

Water Soluble Vitamins

Thiamin B1	0.121 mg
Riboflavin B2	0.076 mg
Niacin B3	n/a
Niacin B3	1.002 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	1.094 mg
Folic Acid	28.350 mcg

Minerals

Phosphorus	153.279 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	n/a
Selenium	n/a
Iron	1.170 mg
Calcium	32.858 mg
Manganese	n/a
Iodine	16.444 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

