

RECIPE ANALYSIS

Recipe Name : N-39
Serving Size : 6x10 piece

Recipe Desc : Chess Square (Old Fashioned)
Prep Time :

Author :
Cook Time :

Yield : 180

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
Calories 289.78	Calories from Fat 137.96	
% Daily Value		
Total Fat	15.33 g	24%
Saturated	4.67 g	23%
PolyUnSat	1.35 g	n/a
MonoUnSat	2.64 g	n/a
Cholesterol	17.79 mg	6%
Sodium	191.35 mg	8%
Potassium	53.52 mg	2%
Total Carbs	36.23 g	12%
Dietary Fiber	0.56 g	2%
Sugars	6.31 g	n/a
Protein	2.19 g	
Vitamin A - 7%	Vitamin C - 0%	
Calcium - 2%	Iron - 2%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 2%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 2%	
Zinc - 3%	Copper - 4%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	355.300 IU
Vitamin A	71.060 RE

Water Soluble Vitamins	
Thiamin B1	0.060 mg
Riboflavin B2	0.032 mg
Niacin B3	0.000 NE
Niacin B3	0.068 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.107 mg
Vitamin C	0.125 mg
Folic Acid	2.440 mcg

Minerals	
Phosphorus	31.086 mg
Zinc	0.409 mg
Magnesium	8.836 mg
Copper	0.076 mg
Selenium	0.729 mg
Iron	0.423 mg
Calcium	19.982 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

