

RECIPE ANALYSIS

Recipe Name : N-72
Serving Size : 7x10 piece

Recipe Desc : Chewy Nut Bar
Prep Time :

Author :
Cook Time :

Yield : 140

Nutrition Information		
Serving Size: 7x10 piece		
Amount Per Serving		
Calories 179.52	Calories from Fat 79.46	
% Daily Value		
Total Fat	8.83 g	14%
Saturated	0.92 g	5%
PolyUnSat	0.17 g	n/a
MonoUnSat	0.46 g	n/a
Cholesterol	45.54 mg	15%
Sodium	130.64 mg	5%
Potassium	69.57 mg	2%
Total Carbs	21.44 g	7%
Dietary Fiber	1.45 g	6%
Sugars	15.81 g	n/a
Protein	1.96 g	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 3%	Iron - 12%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 4%	Niacin - 2%	
Vitamin B6 - 3%	Folic Acid - 3%	
Vitamin B12 - 2%	Pantothenic Acid - 1%	
Phosphorous - 5%	Magnesium - 0%	
Zinc - 1%	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	0.139 mcg
Vitamin D	5.571 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	95.822 IU
Vitamin A	19.163 RE

Water Soluble Vitamins	
Thiamin B1	0.043 mg
Riboflavin B2	0.076 mg
Niacin B3	n/a
Niacin B3	0.309 mg
Pyridoxine B6	0.064 mg
Cobalamin B12	0.107 mcg
Pantothenic Acid	0.135 mg
Vitamin C	0.144 mg
Folic Acid	13.541 mcg

Minerals	
Phosphorus	47.948 mg
Zinc	0.118 mg
Magnesium	1.071 mg
Copper	0.002 mg
Selenium	3.300 mg
Iron	2.088 mg
Calcium	25.865 mg
Manganese	0.002 mg
Iodine	9.020 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

