

RECIPE ANALYSIS

Recipe Name : N-95
Serving Size : 3 x 2.5" Slice

Recipe Desc : Chocolate Banana Supreme Cake Author :
Prep Time : Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 x 2.5" Slice		
Amount Per Serving		
Calories 219.66	Calories from Fat 66.88	
% Daily Value		
Total Fat	7.43 g	11%
Saturated	2.46 g	12%
PolyUnSat	1.34 g	n/a
MonoUnSat	0.53 g	n/a
Cholesterol	26.00 mg	9%
Sodium	211.10 mg	9%
Potassium	148.35 mg	4%
Total Carbs	35.74 g	12%
Dietary Fiber	1.08 g	4%
Sugars	11.33 g	n/a
Protein	2.29 g	
Vitamin A - 1%	Vitamin C - 2%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 5%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 0%	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	0.033 mcg
Vitamin D	2.550 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	64.768 IU
Vitamin A	12.953 RE

Water Soluble Vitamins	
Thiamin B1	0.068 mg
Riboflavin B2	0.085 mg
Niacin B3	n/a
Niacin B3	0.506 mg
Pyridoxine B6	0.008 mg
Cobalamin B12	0.025 mcg
Pantothenic Acid	0.032 mg
Vitamin C	1.114 mg
Folic Acid	1.175 mcg

Minerals	
Phosphorus	6.530 mg
Zinc	0.038 mg
Magnesium	0.250 mg
Copper	0.001 mg
Selenium	0.770 mg
Iron	1.006 mg
Calcium	30.821 mg
Manganese	0.001 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.