

RECIPE ANALYSIS

Recipe Name : N-21
Serving Size : 1 Piece

Recipe Desc : Chocolate Cheese Cake
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 Piece		
Amount Per Serving		
Calories 227.95	Calories from Fat 55.76	
% Daily Value		
Total Fat	6.20 g	10%
Saturated	4.31 g	22%
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	16.46 mg	5%
Sodium	417.41 mg	17%
Potassium	223.11 mg	6%
Total Carbs	37.81 g	13%
Dietary Fiber	0.44 g	2%
Sugars	32.25 g	n/a
Protein	7.05 g	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 25%	Iron - 3%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 22%	Magnesium - n/a	
Zinc - n/a	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	36.667 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	121.491 IU
Vitamin A	24.298 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.880 mg
Folic Acid	n/a

Minerals	
Phosphorus	220.563 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	0.480 mg
Calcium	247.384 mg
Manganese	n/a
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

