

# RECIPE ANALYSIS

Recipe Name : N-22  
Serving Size : 1/8 Pie

Recipe Desc : Chocolate Chiffon Pie  
Prep Time :

Author :  
Cook Time :

Yield : 56

Nutrition Information		
Serving Size: 1/8 Pie		
Amount Per Serving		
<b>Calories 318.91</b>	<b>Calories from Fat 153.38</b>	
% Daily Value		
<b>Total Fat</b>	<b>17.04 g</b>	<b>26%</b>
Saturated	8.28 g	41%
PolyUnSat	0.53 g	n/a
MonoUnSat	2.63 g	n/a
<b>Cholesterol</b>	<b>119.89 mg</b>	<b>40%</b>
<b>Sodium</b>	<b>98.69 mg</b>	<b>4%</b>
<b>Potassium</b>	<b>73.15 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>38.39 g</b>	<b>13%</b>
Dietary Fiber	0.48 g	2%
Sugars	0.27 g	n/a
<b>Protein</b>	<b>5.03 g</b>	
Vitamin A - 8%	Vitamin C - 0%	
Calcium - 3%	Iron - 4%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 8%	Niacin - 0%	
Vitamin B6 - 2%	Folic Acid - 3%	
Vitamin B12 - 4%	Pantothenic Acid - 3%	
Phosphorous - 6%	Magnesium - 1%	
Zinc - 2%	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	0.279 mcg
Vitamin D	11.143 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	398.916 IU
Vitamin A	101.373 RE

Water Soluble Vitamins	
Thiamin B1	0.019 mg
Riboflavin B2	0.136 mg
Niacin B3	0.000 NE
Niacin B3	0.084 mg
Pyridoxine B6	0.034 mg
Cobalamin B12	0.245 mcg
Pantothenic Acid	0.314 mg
Vitamin C	0.205 mg
Folic Acid	10.701 mcg

Minerals	
Phosphorus	64.303 mg
Zinc	0.275 mg
Magnesium	3.338 mg
Copper	0.005 mg
Selenium	6.600 mg
Iron	0.730 mg
Calcium	28.038 mg
Manganese	0.004 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**

