

# RECIPE ANALYSIS

Recipe Name : N-23  
Serving Size : 1 each

Recipe Desc : Chocolate Crunch  
Prep Time :

Author :  
Cook Time :

Yield : 60

<b>Nutrition Information</b>		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 311.73</b>	<b>Calories from Fat 140.68</b>	
% Daily Value		
<b>Total Fat</b>	<b>15.63 g</b>	<b>24%</b>
Saturated	4.90 g	24%
PolyUnSat	2.43 g	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>5.29 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>306.74 mg</b>	<b>13%</b>
<b>Potassium</b>	<b>7.32 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>39.85 g</b>	<b>13%</b>
Dietary Fiber	0.41 g	2%
Sugars	15.32 g	n/a
<b>Protein</b>	<b>4.90 g</b>	
Vitamin A - 9%	Vitamin C - 1%	
Calcium - 22%	Iron - 8%	
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 - 4%	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		

<b>Fat Soluble Vitamins</b>	
Vitamin D	n/a
Vitamin D	13.333 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	445.992 IU
Vitamin A	89.198 RE

<b>Water Soluble Vitamins</b>	
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	0.462 mg
Folic Acid	n/a

<b>Minerals</b>	
Phosphorus	38.273 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	1.514 mg
Calcium	221.393 mg
Manganese	n/a
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

