

# RECIPE ANALYSIS

Recipe Name : N-25  
Serving Size : 7 x 10

Recipe Desc : Congo Chewy Nut Bars  
Prep Time :

Author :  
Cook Time :

Yield : 70

Nutrition Information		
Serving Size: 7 x 10		
Amount Per Serving		
<b>Calories 236.54</b>	<b>Calories from Fat 84.81</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.42 g</b>	<b>14%</b>
Saturated	2.63 g	13%
PolyUnSat	1.19 g	n/a
MonoUnSat	0.12 g	n/a
<b>Cholesterol</b>	<b>33.19 mg</b>	<b>11%</b>
<b>Sodium</b>	<b>123.68 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>38.22 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>35.25 g</b>	<b>12%</b>
Dietary Fiber	1.24 g	5%
Sugars	23.56 g	n/a
<b>Protein</b>	<b>2.75 g</b>	
Vitamin A - 6%	Vitamin C - 0%	
Calcium - 2%	Iron - 14%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 3%	Niacin - 4%	
Vitamin B6 - 1%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	282.491 IU
Vitamin A	56.498 RE

Water Soluble Vitamins	
Thiamin B1	0.088 mg
Riboflavin B2	0.055 mg
Niacin B3	n/a
Niacin B3	0.732 mg
Pyridoxine B6	0.014 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.042 mg
Folic Acid	20.704 mcg

Minerals	
Phosphorus	37.578 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.590 mg
Calcium	20.746 mg
Manganese	0.000 mg
Iodine	2.800 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**

