

RECIPE ANALYSIS

Recipe Name : N-26
Serving Size : 1 Brownie

Recipe Desc : Cream Cheese Brownies
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 Brownie		
Amount Per Serving		
Calories 146.30	Calories from Fat 75.46	
	% Daily Value	
Total Fat	8.38 g	13%
Saturated	2.82 g	14%
PolyUnSat	0.83 g	n/a
MonoUnSat	0.04 g	n/a
Cholesterol	9.20 mg	3%
Sodium	96.13 mg	4%
Potassium	27.69 mg	1%
Total Carbs	16.56 g	6%
Dietary Fiber	0.65 g	3%
Sugars	1.91 g	n/a
Protein	1.07 g	
Vitamin A - 4%	Vitamin C - 0%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	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	0.625 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	210.656 IU
Vitamin A	42.131 RE

Water Soluble Vitamins	
Thiamin B1	0.033 mg
Riboflavin B2	0.034 mg
Niacin B3	n/a
Niacin B3	0.258 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.054 mg
Folic Acid	7.087 mcg

Minerals	
Phosphorus	17.547 mg
Zinc	0.040 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.388 mg
Calcium	12.109 mg
Manganese	0.000 mg
Iodine	2.450 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



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.