

RECIPE ANALYSIS

Recipe Name : ED8
Serving Size : 1 EACH

Recipe Desc : Date Cranberry Bars
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 153.63	Calories from Fat 52.72	
% Daily Value		
Total Fat	5.86 g	9%
Saturated	1.30 g	7%
PolyUnSat	1.63 g	n/a
MonoUnSat	0.17 g	n/a
Cholesterol	0.00 mg	0%
Sodium	66.37 mg	3%
Potassium	62.01 mg	2%
Total Carbs	24.28 g	8%
Dietary Fiber	1.32 g	5%
Sugars	5.47 g	n/a
Protein	1.58 g	
Vitamin A - 5%	Vitamin C - 1%	
Calcium - 0%	Iron - 4%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	240.730 IU
Vitamin A	48.103 RE

Water Soluble Vitamins	
Thiamin B1	0.042 mg
Riboflavin B2	0.026 mg
Niacin B3	n/a
Niacin B3	0.313 mg
Pyridoxine B6	0.020 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.024 mg
Vitamin C	0.302 mg
Folic Acid	7.919 mcg

Minerals	
Phosphorus	12.216 mg
Zinc	0.053 mg
Magnesium	3.448 mg
Copper	0.029 mg
Selenium	0.000 mg
Iron	0.750 mg
Calcium	4.931 mg
Manganese	0.055 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



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.