

RECIPE ANALYSIS

Recipe Name : N-76
Serving Size : 6x10 piece

Recipe Desc : Fruit Crisps
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
Calories 447.35	Calories from Fat 142.30	
% Daily Value		
Total Fat	15.81 g	24%
Saturated	3.53 g	18%
PolyUnSat	4.38 g	n/a
MonoUnSat	0.39 g	n/a
Cholesterol	0.00 mg	0%
Sodium	297.08 mg	12%
Potassium	11.91 mg	0%
Total Carbs	72.93 g	24%
Dietary Fiber	2.23 g	9%
Sugars	50.63 g	n/a
Protein	3.11 g	
Vitamin A - 20%	Vitamin C - 5%	
Calcium - 4%	Iron - 20%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 4%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.111 alp
Vitamin K	n/a
Vitamin A	983.907 IU
Vitamin A	196.781 RE

Water Soluble Vitamins	
Thiamin B1	0.135 mg
Riboflavin B2	0.060 mg
Niacin B3	n/a
Niacin B3	0.695 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.048 mg
Folic Acid	22.538 mcg

Minerals	
Phosphorus	12.134 mg
Zinc	0.363 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	n/a
Iron	3.670 mg
Calcium	38.662 mg
Manganese	n/a
Iodine	n/a

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

