

RECIPE ANALYSIS

Recipe Name : N-78
Serving Size : 6x10 piece

Recipe Desc : Lemon Bars
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
Calories 255.35	Calories from Fat 89.49	
% Daily Value		
Total Fat	9.94 g	15%
Saturated	2.32 g	12%
PolyUnSat	2.63 g	n/a
MonoUnSat	0.49 g	n/a
Cholesterol	36.15 mg	12%
Sodium	125.54 mg	5%
Potassium	30.44 mg	1%
Total Carbs	38.65 g	13%
Dietary Fiber	0.50 g	2%
Sugars	0.26 g	n/a
Protein	3.00 g	
Vitamin A - 9%	Vitamin C - 2%	
Calcium - 0%	Iron - 5%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 7%	Niacin - 5%	
Vitamin B6 - 1%	Folic Acid - 8%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 4%	Magnesium - 0%	
Zinc - 1%	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	0.111 mcg
Vitamin D	4.423 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	459.007 IU
Vitamin A	91.801 RE

Water Soluble Vitamins	
Thiamin B1	0.123 mg
Riboflavin B2	0.116 mg
Niacin B3	n/a
Niacin B3	0.983 mg
Pyridoxine B6	0.012 mg
Cobalamin B12	0.085 mcg
Pantothenic Acid	0.107 mg
Vitamin C	0.907 mg
Folic Acid	31.639 mcg

Minerals	
Phosphorus	38.328 mg
Zinc	0.094 mg
Magnesium	0.851 mg
Copper	0.002 mg
Selenium	2.620 mg
Iron	0.934 mg
Calcium	4.428 mg
Manganese	0.002 mg
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



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.