

# RECIPE ANALYSIS

Recipe Name : N-38  
Serving Size : 6x10 piece

Recipe Desc : M&M Brownies  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
<b>Calories 241.35</b>	<b>Calories from Fat 64.37</b>	
	% Daily Value	
<b>Total Fat</b>	<b>7.15 g</b>	<b>11%</b>
Saturated	2.59 g	13%
PolyUnSat	0.79 g	n/a
MonoUnSat	n/a	n/a
<b>Cholesterol</b>	<b>1.54 mg</b>	<b>1%</b>
<b>Sodium</b>	<b>236.94 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>141.16 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>41.38 g</b>	<b>14%</b>
Dietary Fiber	0.28 g	1%
Sugars	7.22 g	n/a
<b>Protein</b>	<b>3.66 g</b>	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 2%	Iron - 7%	
Vitamin E - n/a	Thiamin - 53%	
Riboflavin - 5%	Niacin - 4%	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 4%	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin K	n/a
Vitamin A	24.580 IU
Vitamin A	4.916 RE

Water Soluble Vitamins	
Thiamin B1	0.798 mg
Riboflavin B2	0.079 mg
Niacin B3	n/a
Niacin B3	0.828 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.057 mg
Folic Acid	n/a

Minerals	
Phosphorus	36.478 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	1.236 mg
Calcium	21.388 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**

