

RECIPE ANALYSIS

Recipe Name : N-96
Serving Size : 1 Bar

Recipe Desc : No Bake Honey Graham Bars
Prep Time :

Author :
Cook Time :

Yield : 10

| Nutrition Information | | |
|---|--------------------------------|-----------|
| Serving Size: 1 Bar | | |
| Amount Per Serving | | |
| Calories 116.05 | Calories from Fat 48.26 | |
| % Daily Value | | |
| Total Fat | 5.36 g | 8% |
| Saturated | 2.79 g | 14% |
| PolyUnSat | 0.26 g | n/a |
| MonoUnSat | 0.00 g | n/a |
| Cholesterol | 0.84 mg | 0% |
| Sodium | 19.60 mg | 1% |
| Potassium | 0.00 mg | 0% |
| Total Carbs | 18.53 g | 6% |
| Dietary Fiber | 1.01 g | 4% |
| Sugars | 14.64 g | n/a |
| Protein | 0.70 g | |
| Vitamin A - 1% | Vitamin C - 0% | |
| Calcium - 1% | Iron - 2% | |
| Vitamin E - n/a | Thiamin - 0% | |
| Riboflavin - 0% | Niacin - 0% | |
| Vitamin B6 - 0% | Folic Acid - 0% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 0% | 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 | 0.000 mcg |
| Vitamin D | 0.000 IU |
| Vitamin E | 0.000 mg |
| Vitamin E | 0.000 IU |
| Vitamin E | 0.000 alp |
| Vitamin K | 0.000 mcg |
| Vitamin A | 57.032 IU |
| Vitamin A | 11.406 RE |

| Water Soluble Vitamins | |
|-------------------------------|-----------|
| Thiamin B1 | 0.000 mg |
| Riboflavin B2 | 0.000 mg |
| Niacin B3 | 0.000 NE |
| Niacin B3 | 0.000 mg |
| Pyridoxine B6 | 0.000 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.000 mg |
| Vitamin C | 0.001 mg |
| Folic Acid | 0.000 mcg |

| Minerals | |
|-----------------|-----------|
| Phosphorus | 0.000 mg |
| Zinc | 0.000 mg |
| Magnesium | 0.000 mg |
| Copper | 0.000 mg |
| Selenium | 0.000 mg |
| Iron | 0.417 mg |
| Calcium | 5.086 mg |
| Manganese | 0.000 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.