

RECIPE ANALYSIS

Recipe Name : N-40
Serving Size : 1/16 Pc. Cake

Recipe Desc : Oreo Cookie Cake
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1/16 Pc. Cake		
Amount Per Serving		
Calories 444.90	Calories from Fat 169.06	
% Daily Value		
Total Fat	18.78 g	29%
Saturated	9.12 g	46%
PolyUnSat	0.17 g	n/a
MonoUnSat	1.00 g	n/a
Cholesterol	16.14 mg	5%
Sodium	486.55 mg	20%
Potassium	144.25 mg	4%
Total Carbs	65.14 g	22%
Dietary Fiber	0.96 g	4%
Sugars	43.85 g	n/a
Protein	4.25 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 5%	Iron - 13%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 9%	Niacin - 7%	
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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	8.929 IU
Vitamin A	1.785 RE

Water Soluble Vitamins	
Thiamin B1	0.165 mg
Riboflavin B2	0.159 mg
Niacin B3	n/a
Niacin B3	1.301 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.160 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	2.268 mg
Calcium	53.297 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

