

RECIPE ANALYSIS

Recipe Name : N-42
Serving Size : 1/2 Cup

Recipe Desc : Peach Crisp
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 265.04	Calories from Fat 82.14	
% Daily Value		
Total Fat	9.13 g	14%
Saturated	2.06 g	10%
PolyUnSat	2.53 g	n/a
MonoUnSat	0.18 g	n/a
Cholesterol	0.00 mg	0%
Sodium	113.87 mg	5%
Potassium	98.32 mg	3%
Total Carbs	44.07 g	15%
Dietary Fiber	1.58 g	6%
Sugars	29.27 g	n/a
Protein	2.29 g	
Vitamin A - 14%	Vitamin C - 3%	
Calcium - 0%	Iron - 6%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 5%	Niacin - 7%	
Vitamin B6 - 1%	Folic Acid - 7%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 1%	
Zinc - 0%	Copper - 3%	
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	n/a
Vitamin E	1.090 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	724.092 IU
Vitamin A	144.820 RE

Water Soluble Vitamins	
Thiamin B1	0.123 mg
Riboflavin B2	0.092 mg
Niacin B3	n/a
Niacin B3	1.448 mg
Pyridoxine B6	0.018 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.039 mg
Vitamin C	1.972 mg
Folic Acid	29.933 mcg

Minerals	
Phosphorus	28.405 mg
Zinc	0.071 mg
Magnesium	4.584 mg
Copper	0.051 mg
Selenium	n/a
Iron	1.113 mg
Calcium	2.687 mg
Manganese	0.395 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

