

RECIPE ANALYSIS

Recipe Name : N-77
Serving Size : 1/10 Pc. Cake

Recipe Desc : Peaches & Cream Cake
Prep Time :

Author :
Cook Time :

Yield : 10

Nutrition Information		
Serving Size: 1/10 Pc. Cake		
Amount Per Serving		
Calories 523.23	Calories from Fat 227.21	
% Daily Value		
Total Fat	25.25 g	39%
Saturated	10.56 g	53%
PolyUnSat	3.05 g	n/a
MonoUnSat	5.27 g	n/a
Cholesterol	139.92 mg	47%
Sodium	432.12 mg	18%
Potassium	132.15 mg	4%
Total Carbs	65.92 g	22%
Dietary Fiber	1.02 g	4%
Sugars	6.64 g	n/a
Protein	8.37 g	
Vitamin A - 14%	Vitamin C - 2%	
Calcium - 8%	Iron - 8%	
Vitamin E - n/a	Thiamin - 12%	
Riboflavin - 17%	Niacin - 8%	
Vitamin B6 - 2%	Folic Acid - 12%	
Vitamin B12 - 3%	Pantothenic Acid - 3%	
Phosphorous - 14%	Magnesium - 1%	
Zinc - 3%	Copper - 1%	
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	0.260 mcg
Vitamin D	20.400 IU
Vitamin E	n/a
Vitamin E	0.378 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	700.827 IU
Vitamin A	140.166 RE

Water Soluble Vitamins	
Thiamin B1	0.183 mg
Riboflavin B2	0.293 mg
Niacin B3	n/a
Niacin B3	1.502 mg
Pyridoxine B6	0.033 mg
Cobalamin B12	0.200 mcg
Pantothenic Acid	0.266 mg
Vitamin C	0.923 mg
Folic Acid	46.338 mcg

Minerals	
Phosphorus	139.348 mg
Zinc	0.487 mg
Magnesium	3.419 mg
Copper	0.020 mg
Selenium	6.160 mg
Iron	1.481 mg
Calcium	80.641 mg
Manganese	0.139 mg
Iodine	19.600 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.