

# RECIPE ANALYSIS

Recipe Name : N-93  
Serving Size : 3 x 2 1/2" Bar

Recipe Desc : Peanut Butter Bars  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 x 2 1/2" Bar		
Amount Per Serving		
<b>Calories 120.03</b>	<b>Calories from Fat 24.70</b>	
	% Daily Value	
<b>Total Fat</b>	<b>2.74 g</b>	<b>4%</b>
Saturated	0.85 g	4%
PolyUnSat	0.06 g	n/a
MonoUnSat	0.16 g	n/a
<b>Cholesterol</b>	<b>22.27 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>177.66 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>31.63 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>21.67 g</b>	<b>7%</b>
Dietary Fiber	0.05 g	0%
Sugars	14.05 g	n/a
<b>Protein</b>	<b>1.84 g</b>	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 2%	Iron - 3%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 5%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 1%	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	0.054 mcg
Vitamin D	2.167 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	29.121 IU
Vitamin A	5.823 RE

Water Soluble Vitamins	
Thiamin B1	0.073 mg
Riboflavin B2	0.087 mg
Niacin B3	0.000 NE
Niacin B3	0.570 mg
Pyridoxine B6	0.006 mg
Cobalamin B12	0.042 mcg
Pantothenic Acid	0.053 mg
Vitamin C	0.047 mg
Folic Acid	1.958 mcg

Minerals	
Phosphorus	7.417 mg
Zinc	0.046 mg
Magnesium	0.417 mg
Copper	0.001 mg
Selenium	1.283 mg
Iron	0.566 mg
Calcium	17.646 mg
Manganese	0.001 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**

