

# RECIPE ANALYSIS

Recipe Name : N-58  
Serving Size : 1 Square

Recipe Desc : Peanut Butter Chocolate Bar  
Prep Time :

Author :  
Cook Time :

Yield : 240

Nutrition Information		
Serving Size: 1 Square		
Amount Per Serving		
<b>Calories 317.50</b>	<b>Calories from Fat 177.94</b>	
% Daily Value		
<b>Total Fat</b>	<b>19.77 g</b>	<b>30%</b>
Saturated	5.68 g	28%
PolyUnSat	1.20 g	n/a
MonoUnSat	2.72 g	n/a
<b>Cholesterol</b>	<b>52.21 mg</b>	<b>17%</b>
<b>Sodium</b>	<b>128.96 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>159.85 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>31.42 g</b>	<b>10%</b>
Dietary Fiber	1.90 g	8%
Sugars	1.12 g	n/a
<b>Protein</b>	<b>5.26 g</b>	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 2%	Iron - 7%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 6%	Niacin - 13%	
Vitamin B6 - 2%	Folic Acid - 6%	
Vitamin B12 - 2%	Pantothenic Acid - 2%	
Phosphorous - 6%	Magnesium - 0%	
Zinc - 1%	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	0.160 mcg
Vitamin D	6.388 IU
Vitamin E	n/a
Vitamin E	0.718 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	83.707 IU
Vitamin A	16.741 RE

Water Soluble Vitamins	
Thiamin B1	0.060 mg
Riboflavin B2	0.110 mg
Niacin B3	n/a
Niacin B3	2.653 mg
Pyridoxine B6	0.034 mg
Cobalamin B12	0.123 mcg
Pantothenic Acid	0.155 mg
Vitamin C	0.048 mg
Folic Acid	25.046 mcg

Minerals	
Phosphorus	63.604 mg
Zinc	0.135 mg
Magnesium	1.229 mg
Copper	0.002 mg
Selenium	3.784 mg
Iron	1.304 mg
Calcium	20.605 mg
Manganese	0.002 mg
Iodine	6.517 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.