

RECIPE ANALYSIS

Recipe Name : N-74
Serving Size : 1 each

Recipe Desc : Peanut Butter Cookies
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 82.21	Calories from Fat 28.92	
% Daily Value		
Total Fat	3.21 g	5%
Saturated	0.76 g	4%
PolyUnSat	0.84 g	n/a
MonoUnSat	0.20 g	n/a
Cholesterol	15.49 mg	5%
Sodium	67.37 mg	3%
Potassium	11.37 mg	0%
Total Carbs	12.00 g	4%
Dietary Fiber	0.18 g	1%
Sugars	3.54 g	n/a
Protein	1.15 g	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 0%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 3%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 1%	Pantothenic Acid - 0%	
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	0.047 mcg
Vitamin D	1.896 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	155.030 IU
Vitamin A	31.006 RE

Water Soluble Vitamins	
Thiamin B1	0.044 mg
Riboflavin B2	0.044 mg
Niacin B3	0.000 NE
Niacin B3	0.349 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	0.036 mcg
Pantothenic Acid	0.046 mg
Vitamin C	0.000 mg
Folic Acid	11.494 mcg

Minerals	
Phosphorus	13.467 mg
Zinc	0.040 mg
Magnesium	0.365 mg
Copper	0.001 mg
Selenium	1.123 mg
Iron	0.623 mg
Calcium	3.716 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

