

# RECIPE ANALYSIS

Recipe Name : N-91  
Serving Size : 3 x 2 1/2" Bars

Recipe Desc : Pecan Pie Squares  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 x 2 1/2" Bars		
Amount Per Serving		
<b>Calories 271.15</b>	<b>Calories from Fat 117.35</b>	
	% Daily Value	
<b>Total Fat</b>	<b>13.04 g</b>	<b>20%</b>
Saturated	2.56 g	13%
PolyUnSat	1.35 g	n/a
MonoUnSat	3.58 g	n/a
<b>Cholesterol</b>	<b>50.60 mg</b>	<b>17%</b>
<b>Sodium</b>	<b>254.54 mg</b>	<b>11%</b>
<b>Potassium</b>	<b>84.72 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>34.36 g</b>	<b>11%</b>
Dietary Fiber	0.57 g	2%
Sugars	25.64 g	n/a
<b>Protein</b>	<b>3.43 g</b>	
Vitamin A - 6%	Vitamin C - 0%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 8%	Niacin - 3%	
Vitamin B6 - 2%	Folic Acid - 2%	
Vitamin B12 - 2%	Pantothenic Acid - 3%	
Phosphorous - 4%	Magnesium - 3%	
Zinc - 4%	Copper - 5%	
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	0.141 mcg
Vitamin D	5.633 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	286.663 IU
Vitamin A	57.332 RE

Water Soluble Vitamins	
Thiamin B1	0.144 mg
Riboflavin B2	0.128 mg
Niacin B3	n/a
Niacin B3	0.642 mg
Pyridoxine B6	0.031 mg
Cobalamin B12	0.108 mcg
Pantothenic Acid	0.265 mg
Vitamin C	0.198 mg
Folic Acid	8.020 mcg

Minerals	
Phosphorus	40.862 mg
Zinc	0.530 mg
Magnesium	11.686 mg
Copper	0.093 mg
Selenium	4.211 mg
Iron	1.114 mg
Calcium	28.394 mg
Manganese	0.002 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**

