

RECIPE ANALYSIS

Recipe Name : N-45
Serving Size : 6x10 piece

Recipe Desc : Pina Colada Cake
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
Calories 238.41	Calories from Fat 114.30	
% Daily Value		
Total Fat	12.70 g	20%
Saturated	7.15 g	36%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.86 g	n/a
Cholesterol	4.64 mg	2%
Sodium	150.92 mg	6%
Potassium	26.19 mg	1%
Total Carbs	30.10 g	10%
Dietary Fiber	0.84 g	3%
Sugars	22.63 g	n/a
Protein	1.66 g	
Vitamin A - 0%	Vitamin C - 1%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - n/a	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	9.342 IU
Vitamin A	1.868 RE

Water Soluble Vitamins	
Thiamin B1	0.017 mg
Riboflavin B2	0.002 mg
Niacin B3	n/a
Niacin B3	0.017 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	n/a
Pantothenic Acid	0.032 mg
Vitamin C	0.688 mg
Folic Acid	0.732 mcg

Minerals	
Phosphorus	5.395 mg
Zinc	0.103 mg
Magnesium	2.651 mg
Copper	0.023 mg
Selenium	0.219 mg
Iron	0.482 mg
Calcium	10.931 mg
Manganese	n/a
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



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.