

RECIPE ANALYSIS

Recipe Name : N-47
Serving Size : 6x10 piece

Recipe Desc : Pumpkin Nut Bar
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
Calories 392.25	Calories from Fat 196.30	
% Daily Value		
Total Fat	21.81 g	34%
Saturated	4.19 g	21%
PolyUnSat	6.11 g	n/a
MonoUnSat	7.10 g	n/a
Cholesterol	53.12 mg	18%
Sodium	341.40 mg	14%
Potassium	44.93 mg	1%
Total Carbs	46.24 g	15%
Dietary Fiber	0.94 g	4%
Sugars	15.95 g	n/a
Protein	3.64 g	
Vitamin A - 64%	Vitamin C - 2%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 8%	Niacin - 4%	
Vitamin B6 - 1%	Folic Acid - 7%	
Vitamin B12 - 2%	Pantothenic Acid - 1%	
Phosphorous - 9%	Magnesium - 0%	
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	0.135 mcg
Vitamin D	5.405 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	3210.352 IU
Vitamin A	642.072 RE

Water Soluble Vitamins	
Thiamin B1	0.100 mg
Riboflavin B2	0.132 mg
Niacin B3	n/a
Niacin B3	0.766 mg
Pyridoxine B6	0.014 mg
Cobalamin B12	0.104 mcg
Pantothenic Acid	0.130 mg
Vitamin C	1.026 mg
Folic Acid	26.148 mcg

Minerals	
Phosphorus	86.138 mg
Zinc	0.154 mg
Magnesium	1.040 mg
Copper	0.022 mg
Selenium	3.201 mg
Iron	1.041 mg
Calcium	28.772 mg
Manganese	0.007 mg
Iodine	10.524 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

