

# RECIPE ANALYSIS

Recipe Name : N-63  
Serving Size : 1 Slice

Recipe Desc : Red Velvet Cake  
Prep Time :

Author :  
Cook Time :

Yield : 120

<b>Nutrition Information</b>		
Serving Size: 1 Slice		
Amount Per Serving		
<b>Calories 223.39</b>	<b>Calories from Fat 98.77</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.97 g</b>	<b>17%</b>
Saturated	4.37 g	22%
PolyUnSat	1.62 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>17.64 mg</b>	<b>6%</b>
<b>Sodium</b>	<b>138.55 mg</b>	<b>6%</b>
<b>Potassium</b>	<b>19.20 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>30.97 g</b>	<b>10%</b>
Dietary Fiber	0.00 g	0%
Sugars	0.42 g	n/a
<b>Protein</b>	<b>0.81 g</b>	
Vitamin A - 8%	Vitamin C - 0%	
Calcium - 1%	Iron - 0%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 2%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	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		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	411.120 IU
Vitamin A	82.224 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.005 mg
Riboflavin B2	0.030 mg
Niacin B3	0.000 NE
Niacin B3	0.015 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.000 mg
Folic Acid	0.000 mcg

<b>Minerals</b>	
Phosphorus	15.725 mg
Zinc	0.081 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.010 mg
Calcium	14.044 mg
Manganese	0.000 mg
Iodine	0.000 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
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.