

# RECIPE ANALYSIS

Recipe Name : N-55  
Serving Size : 1/60 pan

Recipe Desc : Rice Krispie Bars  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1/60 pan		
Amount Per Serving		
<b>Calories 244.23</b>	<b>Calories from Fat 53.46</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.94 g</b>	<b>9%</b>
Saturated	1.35 g	7%
PolyUnSat	1.62 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>283.17 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>22.91 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>47.66 g</b>	<b>16%</b>
Dietary Fiber	0.00 g	0%
Sugars	24.67 g	n/a
<b>Protein</b>	<b>1.15 g</b>	
Vitamin A - 11%	Vitamin C - 6%	
Calcium - 0%	Iron - 6%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 17%	Niacin - 14%	
Vitamin B6 - 14%	Folic Acid - 14%	
Vitamin B12 - 14%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 2%	
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	n/a
Vitamin D	22.909 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	556.364 IU
Vitamin A	111.273 RE

Water Soluble Vitamins	
Thiamin B1	0.218 mg
Riboflavin B2	0.286 mg
Niacin B3	n/a
Niacin B3	2.864 mg
Pyridoxine B6	0.286 mg
Cobalamin B12	0.859 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.436 mg
Folic Acid	57.273 mcg

Minerals	
Phosphorus	22.909 mg
Zinc	0.000 mg
Magnesium	9.164 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.031 mg
Calcium	0.000 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

