

RECIPE ANALYSIS

Recipe Name : N-49
Serving Size : 1/16 Pc. Cake

Recipe Desc : Rocky Road Cake
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1/16 Pc. Cake		
Amount Per Serving		
Calories 310.19	Calories from Fat 92.95	
% Daily Value		
Total Fat	10.33 g	16%
Saturated	3.46 g	17%
PolyUnSat	0.12 g	n/a
MonoUnSat	0.14 g	n/a
Cholesterol	8.94 mg	3%
Sodium	381.65 mg	16%
Potassium	242.61 mg	7%
Total Carbs	50.61 g	17%
Dietary Fiber	1.80 g	7%
Sugars	25.04 g	n/a
Protein	5.26 g	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 7%	Iron - 13%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 7%	Niacin - 4%	
Vitamin B6 - 0%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	Magnesium - 2%	
Zinc - 1%	Copper - 4%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	29.768 IU
Vitamin A	5.954 RE

Water Soluble Vitamins	
Thiamin B1	0.103 mg
Riboflavin B2	0.113 mg
Niacin B3	n/a
Niacin B3	0.768 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.039 mg
Vitamin C	0.033 mg
Folic Acid	21.356 mcg

Minerals	
Phosphorus	34.345 mg
Zinc	0.204 mg
Magnesium	7.359 mg
Copper	0.082 mg
Selenium	n/a
Iron	2.294 mg
Calcium	65.737 mg
Manganese	0.044 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

