

RECIPE ANALYSIS

Recipe Name : N-79
Serving Size : 6x10 piece

Recipe Desc : S'mores Bars
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
Calories 370.82	Calories from Fat 110.57	
% Daily Value		
Total Fat	12.29 g	19%
Saturated	4.74 g	24%
PolyUnSat	1.62 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.97 mg	0%
Sodium	272.24 mg	11%
Potassium	0.00 mg	0%
Total Carbs	61.99 g	21%
Dietary Fiber	2.00 g	8%
Sugars	20.36 g	n/a
Protein	1.65 g	
Vitamin A - 6%	Vitamin C - 0%	
Calcium - 1%	Iron - 24%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 21%	Niacin - 21%	
Vitamin B6 - 21%	Folic Acid - 21%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - 0%	Copper - n/a	
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	285.082 IU
Vitamin A	57.016 RE

Water Soluble Vitamins	
Thiamin B1	0.319 mg
Riboflavin B2	0.361 mg
Niacin B3	n/a
Niacin B3	4.200 mg
Pyridoxine B6	0.420 mg
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.000 mg
Folic Acid	84.000 mcg

Minerals	
Phosphorus	n/a
Zinc	0.000 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	4.262 mg
Calcium	5.857 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

