

# RECIPE ANALYSIS

Recipe Name : N-50  
Serving Size : 6x10 piece

Recipe Desc : Scrumptious Brownies  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 6x10 piece		
Amount Per Serving		
<b>Calories 383.56</b>	<b>Calories from Fat 214.56</b>	
% Daily Value		
<b>Total Fat</b>	<b>23.84 g</b>	<b>37%</b>
Saturated	6.33 g	32%
PolyUnSat	2.62 g	n/a
MonoUnSat	0.51 g	n/a
<b>Cholesterol</b>	<b>48.20 mg</b>	<b>16%</b>
<b>Sodium</b>	<b>125.89 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>168.37 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>41.25 g</b>	<b>14%</b>
Dietary Fiber	1.81 g	7%
Sugars	0.17 g	n/a
<b>Protein</b>	<b>3.52 g</b>	
Vitamin A - 10%	Vitamin C - 0%	
Calcium - 2%	Iron - 9%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 7%	Niacin - 3%	
Vitamin B6 - 3%	Folic Acid - 5%	
Vitamin B12 - 2%	Pantothenic Acid - 1%	
Phosphorous - 7%	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		

Fat Soluble Vitamins	
Vitamin D	0.147 mcg
Vitamin D	5.897 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	487.301 IU
Vitamin A	97.459 RE

Water Soluble Vitamins	
Thiamin B1	0.068 mg
Riboflavin B2	0.118 mg
Niacin B3	n/a
Niacin B3	0.629 mg
Pyridoxine B6	0.065 mg
Cobalamin B12	0.113 mcg
Pantothenic Acid	0.142 mg
Vitamin C	0.146 mg
Folic Acid	18.087 mcg

Minerals	
Phosphorus	72.831 mg
Zinc	0.124 mg
Magnesium	1.134 mg
Copper	0.003 mg
Selenium	3.492 mg
Iron	1.684 mg
Calcium	24.610 mg
Manganese	0.003 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**

