

RECIPE ANALYSIS

Recipe Name : ED7
Serving Size : 1 EACH

Recipe Desc : Sour Cream Apple Squares
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 161.97	Calories from Fat 52.09	
% Daily Value		
Total Fat	5.79 g	9%
Saturated	2.00 g	10%
PolyUnSat	1.03 g	n/a
MonoUnSat	0.08 g	n/a
Cholesterol	14.90 mg	5%
Sodium	158.58 mg	7%
Potassium	26.29 mg	1%
Total Carbs	26.23 g	9%
Dietary Fiber	0.51 g	2%
Sugars	19.07 g	n/a
Protein	1.79 g	
Vitamin A - 5%	Vitamin C - 1%	
Calcium - 3%	Iron - 12%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
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	0.026 mcg
Vitamin D	1.040 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	263.551 IU
Vitamin A	52.711 RE

Water Soluble Vitamins	
Thiamin B1	0.063 mg
Riboflavin B2	0.048 mg
Niacin B3	n/a
Niacin B3	0.510 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.020 mcg
Pantothenic Acid	0.067 mg
Vitamin C	0.311 mg
Folic Acid	16.300 mcg

Minerals	
Phosphorus	13.928 mg
Zinc	0.089 mg
Magnesium	2.312 mg
Copper	0.014 mg
Selenium	0.616 mg
Iron	2.150 mg
Calcium	27.722 mg
Manganese	0.066 mg
Iodine	3.920 mcg

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

