

RECIPE ANALYSIS

Recipe Name : N-64
Serving Size : 1 Slice

Recipe Desc : Spice Cake
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 Slice		
Amount Per Serving		
Calories 101.11	Calories from Fat 23.05	
% Daily Value		
Total Fat	2.56 g	4%
Saturated	0.80 g	4%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	0.12 mg	0%
Sodium	123.03 mg	5%
Potassium	24.84 mg	1%
Total Carbs	17.96 g	6%
Dietary Fiber	0.26 g	1%
Sugars	10.40 g	n/a
Protein	1.28 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 2%	Iron - 3%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	2.189 IU
Vitamin A	0.312 RE

Water Soluble Vitamins	
Thiamin B1	0.066 mg
Riboflavin B2	0.059 mg
Niacin B3	n/a
Niacin B3	0.539 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.249 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.610 mg
Calcium	24.040 mg
Manganese	0.000 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

