

# RECIPE ANALYSIS

Recipe Name : N-51  
Serving Size : 1/10 Cake

Recipe Desc : Sponge Cake  
Prep Time :

Author :  
Cook Time :

Yield : 120

| <b>Nutrition Information</b>                            |                                |            |
|---|--------------------------------|------------|
| Serving Size: 1/10 Cake                                 |                                |            |
| Amount Per Serving                                      |                                |            |
| <b>Calories 197.94</b>                                  | <b>Calories from Fat 18.12</b> |            |
| % Daily Value   |                                |            |
| <b>Total Fat</b>  | <b>2.01 g</b>                  | <b>3%</b>  |
| Saturated   | 0.60 g                         | 3%         |
| PolyUnSat   | 0.38 g                         | n/a        |
| MonoUnSat   | 0.72 g                         | n/a        |
| <b>Cholesterol</b>                                      | <b>76.15 mg</b>                | <b>25%</b> |
| <b>Sodium</b>   | <b>281.84 mg</b>               | <b>12%</b> |
| <b>Potassium</b>  | <b>43.87 mg</b>                | <b>1%</b>  |
| <b>Total Carbs</b>                                      | <b>41.23 g</b>                 | <b>14%</b> |
| Dietary Fiber   | 0.35 g                         | 1%         |
| Sugars  | 0.36 g                         | n/a        |
| <b>Protein</b>  | <b>4.35 g</b>                  |            |
| Vitamin A - 2%  | Vitamin C - 0%                 |            |
| Calcium - 2%  | Iron - 3%                      |            |
| Vitamin E - n/a   | Thiamin - 12%                  |            |
| Riboflavin - 8%   | Niacin - 6%                    |            |
| Vitamin B6 - 1%   | Folic Acid - 2%                |            |
| Vitamin B12 - 3%  | Pantothenic Acid - 2%          |            |
| Phosphorous - 13%                                       | Magnesium - 2%                 |            |
| Zinc - 2%   | Copper - 1%                    |            |
| Percent Daily Values are based on a 2,000 calorie diet. |                                |            |
| Calories Per Gram:                                      |                                |            |
| Fat 9 * Carbohydrates 4 * Protein 4                     |                                |            |

| <b>Fat Soluble Vitamins</b> |            |
|-----------------------------|------------|
| Vitamin D                   | 0.233 mcg  |
| Vitamin D                   | 9.317 IU   |
| Vitamin E                   | n/a        |
| Vitamin E                   | n/a        |
| Vitamin E                   | 0.000 alp  |
| Vitamin K                   | n/a        |
| Vitamin A                   | 113.771 IU |
| Vitamin A                   | 22.754 RE  |

| <b>Water Soluble Vitamins</b> |           |
|-------------------------------|-----------|
| Thiamin B1                    | 0.181 mg  |
| Riboflavin B2                 | 0.141 mg  |
| Niacin B3                     | n/a       |
| Niacin B3                     | 1.207 mg  |
| Pyridoxine B6                 | 0.025 mg  |
| Cobalamin B12                 | 0.179 mcg |
| Pantothenic Acid              | 0.226 mg  |
| Vitamin C                     | 0.000 mg  |
| Folic Acid                    | 8.421 mcg |

| <b>Minerals</b> |            |
|-----------------|------------|
| Phosphorus      | 131.676 mg |
| Zinc            | 0.362 mg   |
| Magnesium       | 7.825 mg   |
| Copper          | 0.022 mg   |
| Selenium        | 5.518 mg   |
| Iron            | 0.455 mg   |
| Calcium         | 17.788 mg  |
| Manganese       | 0.004 mg   |
| Iodine          | 16.838 mcg |

| <b>US Diabetic Exchanges</b> |     |
|------------------------------|-----|
| 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 |

| <b>School Equivalents</b> |     |
|---------------------------|-----|
| Not Available.            |     |
| Meat/Meat Alternative     | n/a |
| Fruits/Vegetables         | n/a |
| Grains/Breads             | n/a |

**Source Of Calories**

