

RECIPE ANALYSIS

Recipe Name : ED1
Serving Size : 1 EACH

Recipe Desc : Streusel Pecan Pie Square
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 245.40	Calories from Fat 127.06	
% Daily Value		
Total Fat	14.12 g	22%
Saturated	2.46 g	12%
PolyUnSat	2.05 g	n/a
MonoUnSat	4.04 g	n/a
Cholesterol	25.90 mg	9%
Sodium	113.74 mg	5%
Potassium	72.84 mg	2%
Total Carbs	26.45 g	9%
Dietary Fiber	0.92 g	4%
Sugars	8.99 g	n/a
Protein	3.04 g	
Vitamin A - 8%	Vitamin C - 0%	
Calcium - 2%	Iron - 8%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 5%	Niacin - 3%	
Vitamin B6 - 2%	Folic Acid - 6%	
Vitamin B12 - 1%	Pantothenic Acid - 3%	
Phosphorous - 5%	Magnesium - 4%	
Zinc - 4%	Copper - 6%	
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	0.078 mcg
Vitamin D	5.120 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	392.948 IU
Vitamin A	78.590 RE

Water Soluble Vitamins	
Thiamin B1	0.153 mg
Riboflavin B2	0.083 mg
Niacin B3	n/a
Niacin B3	0.656 mg
Pyridoxine B6	0.032 mg
Cobalamin B12	0.060 mcg
Pantothenic Acid	0.276 mg
Vitamin C	0.227 mg
Folic Acid	23.614 mcg

Minerals	
Phosphorus	48.238 mg
Zinc	0.634 mg
Magnesium	15.699 mg
Copper	0.125 mg
Selenium	2.898 mg
Iron	1.455 mg
Calcium	21.855 mg
Manganese	0.075 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

