

RECIPE ANALYSIS

Recipe Name : HOOVER3
Serving Size : 1 EACH

Recipe Desc : Toll House Pie
Prep Time :

Author :
Cook Time :

Yield : 1

| Nutrition Information | | |
|---|---------------------------------|------------|
| Serving Size: 1 each | | |
| Amount Per Serving | | |
| Calories 704.99 | Calories from Fat 414.44 | |
| % Daily Value | | |
| Total Fat | 46.05 g | 71% |
| Saturated | 12.84 g | 64% |
| PolyUnSat | 6.06 g | n/a |
| MonoUnSat | 0.49 g | n/a |
| Cholesterol | 60.25 mg | 20% |
| Sodium | 352.69 mg | 15% |
| Potassium | 90.47 mg | 3% |
| Total Carbs | 67.91 g | 23% |
| Dietary Fiber | 4.00 g | 16% |
| Sugars | 28.52 g | n/a |
| Protein | 5.91 g | |
| Vitamin A - 22% | Vitamin C - 0% | |
| Calcium - 4% | Iron - 18% | |
| Vitamin E - n/a | Thiamin - 6% | |
| Riboflavin - 7% | Niacin - 4% | |
| Vitamin B6 - 4% | Folic Acid - 7% | |
| Vitamin B12 - 2% | Pantothenic Acid - 2% | |
| Phosphorous - 4% | Magnesium - 1% | |
| Zinc - 2% | 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 | 0.163 mcg |
| Vitamin D | 6.500 IU |
| Vitamin E | n/a |
| Vitamin E | 0.000 IU |
| Vitamin E | n/a |
| Vitamin K | n/a |
| Vitamin A | 1108.620 IU |
| Vitamin A | 221.722 RE |

| Water Soluble Vitamins | |
|------------------------|------------|
| Thiamin B1 | 0.095 mg |
| Riboflavin B2 | 0.117 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.730 mg |
| Pyridoxine B6 | 0.082 mg |
| Cobalamin B12 | 0.125 mcg |
| Pantothenic Acid | 0.216 mg |
| Vitamin C | 0.282 mg |
| Folic Acid | 27.648 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 36.947 mg |
| Zinc | 0.233 mg |
| Magnesium | 4.244 mg |
| Copper | 0.022 mg |
| Selenium | 3.850 mg |
| Iron | 3.175 mg |
| Calcium | 39.581 mg |
| Manganese | 0.095 mg |
| Iodine | 0.000 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.