

# RECIPE ANALYSIS

Recipe Name : N-94  
Serving Size : 3 x 2 1/2" Bar

Recipe Desc : Turtle Brownies  
Prep Time :

Author :  
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 x 2 1/2" Bar		
Amount Per Serving		
<b>Calories 303.61</b>	<b>Calories from Fat 121.14</b>	
% Daily Value		
<b>Total Fat</b>	<b>13.46 g</b>	<b>21%</b>
Saturated	2.36 g	12%
PolyUnSat	0.00 g	n/a
MonoUnSat	4.76 g	n/a
<b>Cholesterol</b>	<b>0.47 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>249.95 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>74.00 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>42.16 g</b>	<b>14%</b>
Dietary Fiber	2.34 g	9%
Sugars	25.17 g	n/a
<b>Protein</b>	<b>3.97 g</b>	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 3%	Iron - 10%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 4%	Magnesium - 4%	
Zinc - 4%	Copper - 7%	
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	0.003 mcg
Vitamin D	0.109 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	17.236 IU
Vitamin A	3.447 RE

Water Soluble Vitamins	
Thiamin B1	0.103 mg
Riboflavin B2	0.020 mg
Niacin B3	n/a
Niacin B3	0.108 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.007 mcg
Pantothenic Acid	0.192 mg
Vitamin C	0.231 mg
Folic Acid	4.392 mcg

Minerals	
Phosphorus	36.403 mg
Zinc	0.616 mg
Magnesium	15.912 mg
Copper	0.136 mg
Selenium	1.312 mg
Iron	1.759 mg
Calcium	25.009 mg
Manganese	n/a
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**



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.