

# RECIPE ANALYSIS

Recipe Name : N-60  
Serving Size : 1 square

Recipe Desc : Walnut Dream Bar  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 square		
Amount Per Serving		
<b>Calories 272.87</b>	<b>Calories from Fat 102.93</b>	
% Daily Value		
<b>Total Fat</b>	<b>11.44 g</b>	<b>18%</b>
Saturated	4.40 g	22%
PolyUnSat	1.53 g	n/a
MonoUnSat	0.63 g	n/a
<b>Cholesterol</b>	<b>38.23 mg</b>	<b>13%</b>
<b>Sodium</b>	<b>158.02 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>74.31 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>38.73 g</b>	<b>13%</b>
Dietary Fiber	1.85 g	7%
Sugars	26.39 g	n/a
<b>Protein</b>	<b>2.85 g</b>	
Vitamin A - 6%	Vitamin C - 0%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 6%	Niacin - 4%	
Vitamin B6 - 2%	Folic Acid - 6%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 6%	Magnesium - 0%	
Zinc - 1%	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	0.117 mcg
Vitamin D	4.678 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	278.339 IU
Vitamin A	55.667 RE

Water Soluble Vitamins	
Thiamin B1	0.093 mg
Riboflavin B2	0.100 mg
Niacin B3	n/a
Niacin B3	0.734 mg
Pyridoxine B6	0.036 mg
Cobalamin B12	0.090 mcg
Pantothenic Acid	0.113 mg
Vitamin C	0.048 mg
Folic Acid	24.833 mcg

Minerals	
Phosphorus	57.307 mg
Zinc	0.099 mg
Magnesium	1.521 mg
Copper	0.009 mg
Selenium	2.771 mg
Iron	0.864 mg
Calcium	9.796 mg
Manganese	0.009 mg
Iodine	3.267 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**

