

RECIPE ANALYSIS

Recipe Name : N-88
Serving Size : 3 x 2 1/2" Bar

Recipe Desc : White Chocolate Brownies
Prep Time :

Author :
Cook Time :

Yield : 60

Nutrition Information		
Serving Size: 3 x 2 1/2" Bar		
Amount Per Serving		
Calories 301.96	Calories from Fat 132.30	
	% Daily Value	
Total Fat	14.70 g	23%
Saturated	5.98 g	30%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	1.51 mg	1%
Sodium	199.86 mg	8%
Potassium	153.98 mg	4%
Total Carbs	40.82 g	14%
Dietary Fiber	2.23 g	9%
Sugars	29.89 g	n/a
Protein	3.33 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 4%	Iron - 24%	
Vitamin E - n/a	Thiamin - 9%	
Riboflavin - 7%	Niacin - 6%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	15.849 IU
Vitamin A	3.168 RE

Water Soluble Vitamins	
Thiamin B1	0.142 mg
Riboflavin B2	0.116 mg
Niacin B3	n/a
Niacin B3	1.216 mg
Pyridoxine B6	0.017 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.171 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	4.292 mg
Calcium	38.063 mg
Manganese	0.000 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

