

RECIPE ANALYSIS

Recipe Name : F-26
Serving Size : 1 EACH

Recipe Desc : Gourmet Peanut Butter & Jelly
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 231.47	Calories from Fat 19.80	
% Daily Value		
Total Fat	2.20 g	3%
Saturated	0.02 g	0%
PolyUnSat	0.11 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	0.00 mg	0%
Sodium	299.97 mg	12%
Potassium	192.03 mg	5%
Total Carbs	51.11 g	17%
Dietary Fiber	1.80 g	7%
Sugars	19.55 g	n/a
Protein	5.04 g	
Vitamin A - 83%	Vitamin C - 65%	
Calcium - 11%	Iron - 11%	
Vitamin E - n/a	Thiamin - 19%	
Riboflavin - 12%	Niacin - 9%	
Vitamin B6 - 4%	Folic Acid - 18%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 3%	
Zinc - 1%	Copper - 2%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.045 alp
Vitamin K	78.750 mcg
Vitamin A	4169.217 IU
Vitamin A	832.949 RE

Water Soluble Vitamins	
Thiamin B1	0.285 mg
Riboflavin B2	0.203 mg
Niacin B3	0.000 NE
Niacin B3	1.861 mg
Pyridoxine B6	0.073 mg
Cobalamin B12	0.038 mcg
Pantothenic Acid	0.128 mg
Vitamin C	38.910 mg
Folic Acid	72.232 mcg

Minerals	
Phosphorus	19.677 mg
Zinc	0.123 mg
Magnesium	13.404 mg
Copper	0.030 mg
Selenium	0.252 mg
Iron	2.045 mg
Calcium	105.595 mg
Manganese	0.221 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.