

RECIPE ANALYSIS

Recipe Name : K-04
Serving Size : 1 Each

Recipe Desc : Decadent Tartan
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Each		
Amount Per Serving		
Calories 247.80	Calories from Fat 74.51	
% Daily Value		
Total Fat	8.28 g	13%
Saturated	1.69 g	8%
PolyUnSat	0.48 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.31 mg	0%
Sodium	296.08 mg	12%
Potassium	50.05 mg	1%
Total Carbs	39.98 g	13%
Dietary Fiber	2.36 g	9%
Sugars	18.74 g	n/a
Protein	3.94 g	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 6%	Iron - 12%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	90.306 IU
Vitamin A	18.039 RE

Water Soluble Vitamins	
Thiamin B1	0.006 mg
Riboflavin B2	0.003 mg
Niacin B3	0.000 NE
Niacin B3	0.030 mg
Pyridoxine B6	0.022 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	0.392 mg
Folic Acid	0.120 mcg

Minerals	
Phosphorus	3.516 mg
Zinc	0.010 mg
Magnesium	1.196 mg
Copper	0.011 mg
Selenium	0.000 mg
Iron	2.107 mg
Calcium	64.004 mg
Manganese	0.011 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

