

RECIPE ANALYSIS

Recipe Name : K-22
Serving Size : 1/8 Piece

Recipe Desc : Raspberry Creme Tartan
Prep Time :

Author :
Cook Time :

Yield : 8

Nutrition Information		
Serving Size: 1/8 Piece		
Amount Per Serving		
Calories 314.72	Calories from Fat 62.34	
% Daily Value		
Total Fat	6.93 g	11%
Saturated	1.77 g	9%
PolyUnSat	0.00 g	n/a
MonoUnSat	n/a	n/a
Cholesterol	0.48 mg	0%
Sodium	475.57 mg	20%
Potassium	3.75 mg	0%
Total Carbs	54.05 g	18%
Dietary Fiber	2.79 g	11%
Sugars	24.09 g	n/a
Protein	7.15 g	
Vitamin A - 4%	Vitamin C - 6%	
Calcium - 15%	Iron - 14%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - n/a	Folic Acid - 0%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	222.200 IU
Vitamin A	44.440 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	3.358 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	2.541 mg
Calcium	150.288 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.