

RECIPE ANALYSIS

Recipe Name : O-03
Serving Size : 4 ounces

Recipe Desc : Baked Custard
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4 ounces		
Amount Per Serving		
Calories 135.33	Calories from Fat 47.18	
% Daily Value		
Total Fat	5.24 g	8%
Saturated	2.65 g	13%
PolyUnSat	0.27 g	n/a
MonoUnSat	0.77 g	n/a
Cholesterol	99.00 mg	33%
Sodium	92.58 mg	4%
Potassium	24.55 mg	1%
Total Carbs	16.85 g	6%
Dietary Fiber	0.02 g	0%
Sugars	4.84 g	n/a
Protein	5.71 g	
Vitamin A - 5%	Vitamin C - 2%	
Calcium - 13%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 6%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 3%	Pantothenic Acid - 3%	
Phosphorous - 4%	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	0.260 mcg
Vitamin D	50.400 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	247.111 IU
Vitamin A	49.423 RE

Water Soluble Vitamins	
Thiamin B1	0.012 mg
Riboflavin B2	0.100 mg
Niacin B3	n/a
Niacin B3	0.016 mg
Pyridoxine B6	0.028 mg
Cobalamin B12	0.200 mcg
Pantothenic Acid	0.252 mg
Vitamin C	0.965 mg
Folic Acid	9.400 mcg

Minerals	
Phosphorus	35.600 mg
Zinc	0.220 mg
Magnesium	2.000 mg
Copper	0.004 mg
Selenium	6.160 mg
Iron	0.293 mg
Calcium	130.058 mg
Manganese	0.004 mg
Iodine	1.960 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

