

# RECIPE ANALYSIS

Recipe Name : O-94  
Serving Size : 1/2 Cup

Recipe Desc : Baked Rice Pudding  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
<b>Calories 221.84</b>	<b>Calories from Fat 52.09</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.79 g</b>	<b>9%</b>
Saturated	3.69 g	18%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>23.20 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>298.42 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>34.63 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>38.24 g</b>	<b>13%</b>
Dietary Fiber	0.36 g	1%
Sugars	6.40 g	n/a
<b>Protein</b>	<b>5.66 g</b>	
Vitamin A - 4%	Vitamin C - 2%	
Calcium - 17%	Iron - 3%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 5%	
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	n/a
Vitamin D	48.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	208.964 IU
Vitamin A	41.767 RE

Water Soluble Vitamins	
Thiamin B1	0.066 mg
Riboflavin B2	0.004 mg
Niacin B3	n/a
Niacin B3	0.037 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.002 mg
Vitamin C	1.362 mg
Folic Acid	20.589 mcg

Minerals	
Phosphorus	4.400 mg
Zinc	0.012 mg
Magnesium	1.497 mg
Copper	0.014 mg
Selenium	0.000 mg
Iron	0.545 mg
Calcium	166.766 mg
Manganese	0.014 mg
Iodine	25.257 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**

