

RECIPE ANALYSIS

Recipe Name : O-04
Serving Size : 1 Biscuit

Recipe Desc : Baking Powder Biscuits
Prep Time :

Author :
Cook Time :

Yield : 72

Nutrition Information		
Serving Size: 1 Biscuit		
Amount Per Serving		
Calories 184.00	Calories from Fat 85.47	
% Daily Value		
Total Fat	9.50 g	15%
Saturated	2.73 g	14%
PolyUnSat	0.11 g	n/a
MonoUnSat	0.23 g	n/a
Cholesterol	2.43 mg	1%
Sodium	448.28 mg	19%
Potassium	26.48 mg	1%
Total Carbs	20.76 g	7%
Dietary Fiber	0.68 g	3%
Sugars	1.19 g	n/a
Protein	3.20 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 6%	Niacin - 7%	
Vitamin B6 - n/a	Folic Acid - 9%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 20%	Magnesium - 0%	
Zinc - 0%	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	6.944 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	20.833 IU
Vitamin A	4.167 RE

Water Soluble Vitamins	
Thiamin B1	0.161 mg
Riboflavin B2	0.101 mg
Niacin B3	n/a
Niacin B3	1.336 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.167 mg
Folic Acid	37.800 mcg

Minerals	
Phosphorus	204.372 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	n/a
Selenium	n/a
Iron	1.121 mg
Calcium	34.174 mg
Manganese	n/a
Iodine	21.925 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

