

RECIPE ANALYSIS

Recipe Name : O-86
Serving Size : 1 Slice

Recipe Desc : Banana Bread
Prep Time :

Author :
Cook Time :

Yield : 384

Nutrition Information		
Serving Size: 1 Slice		
Amount Per Serving		
Calories 183.80	Calories from Fat 75.65	
% Daily Value		
Total Fat	8.41 g	13%
Saturated	1.97 g	10%
PolyUnSat	0.15 g	n/a
MonoUnSat	0.31 g	n/a
Cholesterol	32.63 mg	11%
Sodium	218.12 mg	9%
Potassium	102.75 mg	3%
Total Carbs	24.38 g	8%
Dietary Fiber	1.04 g	4%
Sugars	0.19 g	n/a
Protein	2.59 g	
Vitamin A - 1%	Vitamin C - 2%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 2%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 8%	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	0.100 mcg
Vitamin D	3.993 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	49.482 IU
Vitamin A	9.896 RE

Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.038 mg
Niacin B3	n/a
Niacin B3	0.006 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.077 mcg
Pantothenic Acid	0.097 mg
Vitamin C	1.459 mg
Folic Acid	3.609 mcg

Minerals	
Phosphorus	80.195 mg
Zinc	0.084 mg
Magnesium	0.768 mg
Copper	0.002 mg
Selenium	2.365 mg
Iron	0.290 mg
Calcium	13.356 mg
Manganese	0.002 mg
Iodine	13.155 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

