

# RECIPE ANALYSIS

Recipe Name : JAY1  
Serving Size : 1 EACH

Recipe Desc : big as your head cookies  
Prep Time :

Author :  
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 836.17</b>	<b>Calories from Fat 401.70</b>	
% Daily Value		
<b>Total Fat</b>	<b>44.63 g</b>	<b>69%</b>
Saturated	15.43 g	77%
PolyUnSat	8.11 g	n/a
MonoUnSat	0.42 g	n/a
<b>Cholesterol</b>	<b>45.29 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>693.68 mg</b>	<b>29%</b>
<b>Potassium</b>	<b>64.28 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>106.25 g</b>	<b>35%</b>
Dietary Fiber	4.67 g	19%
Sugars	65.19 g	n/a
<b>Protein</b>	<b>9.12 g</b>	
Vitamin A - 29%	Vitamin C - 0%	
Calcium - 4%	Iron - 29%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 14%	Niacin - 13%	
Vitamin B6 - 2%	Folic Acid - 21%	
Vitamin B12 - 2%	Pantothenic Acid - 3%	
Phosphorous - 7%	Magnesium - 3%	
Zinc - 3%	Copper - 4%	
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	0.130 mcg
Vitamin D	5.200 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1430.152 IU
Vitamin A	286.031 RE

Water Soluble Vitamins	
Thiamin B1	0.319 mg
Riboflavin B2	0.245 mg
Niacin B3	n/a
Niacin B3	2.588 mg
Pyridoxine B6	0.034 mg
Cobalamin B12	0.100 mcg
Pantothenic Acid	0.337 mg
Vitamin C	0.000 mg
Folic Acid	82.719 mcg

Minerals	
Phosphorus	70.463 mg
Zinc	0.451 mg
Magnesium	11.728 mg
Copper	0.071 mg
Selenium	3.080 mg
Iron	5.133 mg
Calcium	38.891 mg
Manganese	0.335 mg
Iodine	15.680 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**

