

# RECIPE ANALYSIS

Recipe Name : O-07  
Serving Size : 1 square

Recipe Desc : Blueberry Crumb Pudding  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 square		
Amount Per Serving		
<b>Calories 143.67</b>	<b>Calories from Fat 50.21</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.58 g</b>	<b>9%</b>
Saturated	1.26 g	6%
PolyUnSat	1.53 g	n/a
MonoUnSat	0.07 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>106.98 mg</b>	<b>4%</b>
<b>Potassium</b>	<b>8.27 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>22.39 g</b>	<b>7%</b>
Dietary Fiber	0.96 g	4%
Sugars	2.77 g	n/a
<b>Protein</b>	<b>0.80 g</b>	
Vitamin A - 5%	Vitamin C - 1%	
Calcium - 0%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
Zinc - 0%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	250.470 IU
Vitamin A	50.095 RE

Water Soluble Vitamins	
Thiamin B1	0.048 mg
Riboflavin B2	0.030 mg
Niacin B3	0.000 NE
Niacin B3	0.398 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.731 mg
Folic Acid	11.250 mcg

Minerals	
Phosphorus	8.025 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.475 mg
Calcium	2.057 mg
Manganese	0.000 mg
Iodine	4.083 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**

