

# RECIPE ANALYSIS

Recipe Name : O-09  
Serving Size : 1 piece

Recipe Desc : Bread Pudding  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 piece		
Amount Per Serving		
<b>Calories 148.73</b>	<b>Calories from Fat 36.11</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.01 g</b>	<b>6%</b>
Saturated	1.58 g	8%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.95 g	n/a
<b>Cholesterol</b>	<b>9.33 mg</b>	<b>3%</b>
<b>Sodium</b>	<b>243.51 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>22.19 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>25.33 g</b>	<b>8%</b>
Dietary Fiber	0.38 g	2%
Sugars	15.69 g	n/a
<b>Protein</b>	<b>3.27 g</b>	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 9%	Iron - 3%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 3%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 4%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	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	0.000	mcg
Vitamin D	26.667	IU
Vitamin E	0.000	mg
Vitamin E	n/a	
Vitamin E	0.000	alp
Vitamin K	n/a	
Vitamin A	85.178	IU
Vitamin A	17.036	RE

Water Soluble Vitamins		
Thiamin B1	0.091	mg
Riboflavin B2	0.047	mg
Niacin B3	n/a	
Niacin B3	0.558	mg
Pyridoxine B6	0.004	mg
Cobalamin B12	0.000	mcg
Pantothenic Acid	0.032	mg
Vitamin C	0.678	mg
Folic Acid	16.818	mcg

Minerals		
Phosphorus	21.261	mg
Zinc	0.164	mg
Magnesium	2.651	mg
Copper	0.023	mg
Selenium	0.219	mg
Iron	0.598	mg
Calcium	92.388	mg
Manganese	0.000	mg
Iodine	3.267	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**

