

RECIPE ANALYSIS

Recipe Name : O-89
Serving Size : 1 Roll

Recipe Desc : Butterflake Dinner Roll
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 Roll		
Amount Per Serving		
Calories 221.59	Calories from Fat 118.37	
% Daily Value		
Total Fat	13.15 g	20%
Saturated	3.17 g	16%
PolyUnSat	3.18 g	n/a
MonoUnSat	0.33 g	n/a
Cholesterol	10.31 mg	3%
Sodium	260.65 mg	11%
Potassium	43.29 mg	1%
Total Carbs	21.64 g	7%
Dietary Fiber	0.80 g	3%
Sugars	0.85 g	n/a
Protein	3.54 g	
Vitamin A - 11%	Vitamin C - 0%	
Calcium - 1%	Iron - 6%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 8%	Niacin - 8%	
Vitamin B6 - 0%	Folic Acid - 10%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	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	0.027 mcg
Vitamin D	5.250 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	531.979 IU
Vitamin A	106.396 RE

Water Soluble Vitamins	
Thiamin B1	0.221 mg
Riboflavin B2	0.138 mg
Niacin B3	n/a
Niacin B3	1.640 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.021 mcg
Pantothenic Acid	0.026 mg
Vitamin C	0.100 mg
Folic Acid	38.189 mcg

Minerals	
Phosphorus	37.108 mg
Zinc	0.023 mg
Magnesium	0.208 mg
Copper	0.000 mg
Selenium	0.642 mg
Iron	1.163 mg
Calcium	14.214 mg
Manganese	0.000 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

