

# RECIPE ANALYSIS

Recipe Name : O-79  
Serving Size : 1 Cookie

Recipe Desc : Butterscotch Pecan Cookies  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
<b>Calories 106.65</b>	<b>Calories from Fat 52.24</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.80 g</b>	<b>9%</b>
Saturated	0.99 g	5%
PolyUnSat	0.86 g	n/a
MonoUnSat	1.70 g	n/a
<b>Cholesterol</b>	<b>7.03 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>40.93 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>30.47 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>12.19 g</b>	<b>4%</b>
Dietary Fiber	0.41 g	2%
Sugars	7.42 g	n/a
<b>Protein</b>	<b>1.19 g</b>	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	Copper - 2%	
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	0.021 mcg
Vitamin D	0.860 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	161.695 IU
Vitamin A	32.339 RE

Water Soluble Vitamins	
Thiamin B1	0.071 mg
Riboflavin B2	0.035 mg
Niacin B3	n/a
Niacin B3	0.335 mg
Pyridoxine B6	0.010 mg
Cobalamin B12	0.017 mcg
Pantothenic Acid	0.085 mg
Vitamin C	0.075 mg
Folic Acid	10.746 mcg

Minerals	
Phosphorus	19.800 mg
Zinc	0.224 mg
Magnesium	5.467 mg
Copper	0.046 mg
Selenium	0.947 mg
Iron	0.957 mg
Calcium	7.631 mg
Manganese	0.000 mg
Iodine	n/a

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**

