

# RECIPE ANALYSIS

Recipe Name : O-109  
Serving Size : 1 Bar

Recipe Desc : Chocolate No-Bake Cookies  
Prep Time :

Author :  
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 Bar		
Amount Per Serving		
<b>Calories 96.10</b>	<b>Calories from Fat 30.81</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.42 g</b>	<b>5%</b>
Saturated	0.82 g	4%
PolyUnSat	0.91 g	n/a
MonoUnSat	0.10 g	n/a
<b>Cholesterol</b>	<b>0.33 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>38.96 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>0.41 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>16.37 g</b>	<b>5%</b>
Dietary Fiber	0.59 g	2%
Sugars	0.32 g	n/a
<b>Protein</b>	<b>0.79 g</b>	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	1.667 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	143.333 IU
Vitamin A	28.667 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	0.000 NE
Niacin B3	0.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.040 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.318 mg
Calcium	6.081 mg
Manganese	0.000 mg
Iodine	0.000 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

