

RECIPE ANALYSIS

Recipe Name : O-22
Serving Size : 1 Piece

Recipe Desc : Corn Bread
Prep Time :

Author :
Cook Time :

Yield : 120

Nutrition Information		
Serving Size: 1 Piece		
Amount Per Serving		
Calories 143.01	Calories from Fat 27.69	
	% Daily Value	
Total Fat	3.08 g	5%
Saturated	1.10 g	5%
PolyUnSat	0.26 g	n/a
MonoUnSat	0.69 g	n/a
Cholesterol	67.76 mg	23%
Sodium	392.38 mg	16%
Potassium	31.33 mg	1%
Total Carbs	24.74 g	8%
Dietary Fiber	1.24 g	5%
Sugars	1.37 g	n/a
Protein	4.89 g	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 5%	Iron - 7%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 10%	Niacin - 3%	
Vitamin B6 - 1%	Folic Acid - 6%	
Vitamin B12 - 3%	Pantothenic Acid - 2%	
Phosphorous - 20%	Magnesium - 0%	
Zinc - 1%	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	0.197 mcg
Vitamin D	17.862 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	126.012 IU
Vitamin A	25.202 RE

Water Soluble Vitamins	
Thiamin B1	0.088 mg
Riboflavin B2	0.170 mg
Niacin B3	n/a
Niacin B3	0.663 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.151 mcg
Pantothenic Acid	0.191 mg
Vitamin C	0.240 mg
Folic Acid	25.534 mcg

Minerals	
Phosphorus	199.726 mg
Zinc	0.166 mg
Magnesium	1.512 mg
Copper	0.003 mg
Selenium	4.657 mg
Iron	1.225 mg
Calcium	49.870 mg
Manganese	0.003 mg
Iodine	15.786 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

