

RECIPE ANALYSIS

Recipe Name : O-80
Serving Size : 1/2 Cup

Recipe Desc : Creamy Cheese Pudding
Prep Time :

Author :
Cook Time :

Yield : 44

Nutrition Information		
Serving Size: 1/2 Cup		
Amount Per Serving		
Calories 193.25	Calories from Fat 88.88	
% Daily Value		
Total Fat	9.88 g	15%
Saturated	6.17 g	31%
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	32.31 mg	11%
Sodium	286.22 mg	12%
Potassium	0.90 mg	0%
Total Carbs	22.64 g	8%
Dietary Fiber	0.00 g	0%
Sugars	18.58 g	n/a
Protein	4.37 g	
Vitamin A - 6%	Vitamin C - 1%	
Calcium - 13%	Iron - 0%	
Vitamin E - n/a	Thiamin - n/a	
Riboflavin - n/a	Niacin - n/a	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 1%	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin D	36.364 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	315.273 IU
Vitamin A	63.055 RE

Water Soluble Vitamins	
Thiamin B1	n/a
Riboflavin B2	n/a
Niacin B3	n/a
Niacin B3	n/a
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.873 mg
Folic Acid	n/a

Minerals	
Phosphorus	8.118 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	0.000 mg
Calcium	134.941 mg
Manganese	n/a
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

