

RECIPE ANALYSIS

Recipe Name : O-51
Serving Size : slice

Recipe Desc : Dakota Bread
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: slice		
Amount Per Serving		
Calories 134.73	Calories from Fat 21.31	
% Daily Value		
Total Fat	2.37 g	4%
Saturated	0.43 g	2%
PolyUnSat	1.07 g	n/a
MonoUnSat	0.60 g	n/a
Cholesterol	11.23 mg	4%
Sodium	121.50 mg	5%
Potassium	149.73 mg	4%
Total Carbs	22.88 g	8%
Dietary Fiber	2.25 g	9%
Sugars	3.96 g	n/a
Protein	6.58 g	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 2%	Iron - 7%	
Vitamin E - n/a	Thiamin - 32%	
Riboflavin - 15%	Niacin - 14%	
Vitamin B6 - 0%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 6%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
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	0.033 mcg
Vitamin D	1.300 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	27.875 IU
Vitamin A	5.575 RE

Water Soluble Vitamins	
Thiamin B1	0.477 mg
Riboflavin B2	0.247 mg
Niacin B3	n/a
Niacin B3	2.770 mg
Pyridoxine B6	0.009 mg
Cobalamin B12	0.025 mcg
Pantothenic Acid	0.089 mg
Vitamin C	0.000 mg
Folic Acid	22.295 mcg

Minerals	
Phosphorus	62.592 mg
Zinc	0.120 mg
Magnesium	3.154 mg
Copper	0.019 mg
Selenium	0.770 mg
Iron	1.237 mg
Calcium	15.619 mg
Manganese	0.091 mg
Iodine	9.800 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

