

RECIPE ANALYSIS

Recipe Name : O-75
Serving Size : 1 slice

Recipe Desc : Dilly Bread
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 slice		
Amount Per Serving		
Calories 176.44	Calories from Fat 21.62	
% Daily Value		
Total Fat	2.40 g	4%
Saturated	0.83 g	4%
PolyUnSat	0.45 g	n/a
MonoUnSat	0.97 g	n/a
Cholesterol	16.26 mg	5%
Sodium	83.16 mg	3%
Potassium	59.67 mg	2%
Total Carbs	31.42 g	10%
Dietary Fiber	1.22 g	5%
Sugars	1.09 g	n/a
Protein	6.65 g	
Vitamin A - 1%	Vitamin C - 4%	
Calcium - 2%	Iron - 10%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 10%	Niacin - 10%	
Vitamin B6 - 0%	Folic Acid - 14%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 5%	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	0.039 mcg
Vitamin D	1.560 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	47.189 IU
Vitamin A	9.438 RE

Water Soluble Vitamins	
Thiamin B1	0.243 mg
Riboflavin B2	0.165 mg
Niacin B3	0.000 NE
Niacin B3	1.991 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.030 mcg
Pantothenic Acid	0.038 mg
Vitamin C	2.354 mg
Folic Acid	57.611 mcg

Minerals	
Phosphorus	46.288 mg
Zinc	0.033 mg
Magnesium	0.300 mg
Copper	0.001 mg
Selenium	0.924 mg
Iron	1.744 mg
Calcium	17.695 mg
Manganese	0.001 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

