

# RECIPE ANALYSIS

Recipe Name : O-27  
Serving Size : 1 Roll

Recipe Desc : Dinner Rolls  
Prep Time :

Author :  
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 Roll		
Amount Per Serving		
<b>Calories 118.76</b>	<b>Calories from Fat 18.07</b>	
% Daily Value		
<b>Total Fat</b>	<b>2.01 g</b>	<b>3%</b>
Saturated	0.64 g	3%
PolyUnSat	0.14 g	n/a
MonoUnSat	0.32 g	n/a
<b>Cholesterol</b>	<b>11.50 mg</b>	<b>4%</b>
<b>Sodium</b>	<b>124.17 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>34.67 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>21.37 g</b>	<b>7%</b>
Dietary Fiber	0.71 g	3%
Sugars	0.85 g	n/a
<b>Protein</b>	<b>3.37 g</b>	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 1%	Iron - 6%	
Vitamin E - n/a	Thiamin - 12%	
Riboflavin - 7%	Niacin - 7%	
Vitamin B6 - 0%	Folic Acid - 10%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	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	0.031 mcg
Vitamin D	5.395 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	27.502 IU
Vitamin A	5.500 RE

Water Soluble Vitamins	
Thiamin B1	0.183 mg
Riboflavin B2	0.122 mg
Niacin B3	n/a
Niacin B3	1.423 mg
Pyridoxine B6	0.003 mg
Cobalamin B12	0.024 mcg
Pantothenic Acid	0.030 mg
Vitamin C	0.100 mg
Folic Acid	38.320 mcg

Minerals	
Phosphorus	34.398 mg
Zinc	0.026 mg
Magnesium	0.236 mg
Copper	0.000 mg
Selenium	0.728 mg
Iron	1.133 mg
Calcium	13.844 mg
Manganese	0.000 mg
Iodine	13.155 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**

