

RECIPE ANALYSIS

Recipe Name : O-31
Serving Size : 1 Biscuit

Recipe Desc : Drop Biscuits
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 Biscuit		
Amount Per Serving		
Calories 112.84	Calories from Fat 45.21	
% Daily Value		
Total Fat	5.02 g	8%
Saturated	1.45 g	7%
PolyUnSat	0.08 g	n/a
MonoUnSat	0.15 g	n/a
Cholesterol	1.40 mg	0%
Sodium	207.36 mg	9%
Potassium	17.89 mg	1%
Total Carbs	14.40 g	5%
Dietary Fiber	0.46 g	2%
Sugars	0.72 g	n/a
Protein	2.11 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 2%	Iron - 4%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 4%	Niacin - 5%	
Vitamin B6 - n/a	Folic Acid - 6%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 11%	Magnesium - 0%	
Zinc - 0%	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	4.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	12.000 IU
Vitamin A	2.400 RE

Water Soluble Vitamins	
Thiamin B1	0.109 mg
Riboflavin B2	0.068 mg
Niacin B3	n/a
Niacin B3	0.902 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.096 mg
Folic Acid	25.515 mcg

Minerals	
Phosphorus	114.001 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	n/a
Selenium	n/a
Iron	0.755 mg
Calcium	19.204 mg
Manganese	n/a
Iodine	7.840 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

