

RECIPE ANALYSIS

Recipe Name : O-74
Serving Size : 1 slice

Recipe Desc : Garlic Bread
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 slice		
Amount Per Serving		
Calories 132.88	Calories from Fat 70.19	
% Daily Value		
Total Fat	7.80 g	12%
Saturated	1.77 g	9%
PolyUnSat	2.10 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	0.00 mg	0%
Sodium	225.12 mg	9%
Potassium	23.14 mg	1%
Total Carbs	13.17 g	4%
Dietary Fiber	0.50 g	2%
Sugars	0.14 g	n/a
Protein	1.99 g	
Vitamin A - 7%	Vitamin C - 0%	
Calcium - 1%	Iron - 4%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 6%	Niacin - 5%	
Vitamin B6 - 1%	Folic Acid - 8%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 0%	
Zinc - 1%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	337.977 IU
Vitamin A	67.595 RE

Water Soluble Vitamins	
Thiamin B1	0.155 mg
Riboflavin B2	0.094 mg
Niacin B3	n/a
Niacin B3	1.081 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.001 mg
Vitamin C	0.061 mg
Folic Acid	30.778 mcg

Minerals	
Phosphorus	20.259 mg
Zinc	0.191 mg
Magnesium	0.049 mg
Copper	0.001 mg
Selenium	n/a
Iron	0.804 mg
Calcium	12.077 mg
Manganese	0.003 mg
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

