

RECIPE ANALYSIS

Recipe Name : ?4
Serving Size : 1 EACH

Recipe Desc : Garlic Cheese Biscuits
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 239.51	Calories from Fat 108.28	
% Daily Value		
Total Fat	12.03 g	19%
Saturated	3.77 g	19%
PolyUnSat	0.09 g	n/a
MonoUnSat	0.88 g	n/a
Cholesterol	8.95 mg	3%
Sodium	635.05 mg	26%
Potassium	65.35 mg	2%
Total Carbs	27.95 g	9%
Dietary Fiber	0.86 g	3%
Sugars	0.84 g	n/a
Protein	5.45 g	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 13%	Iron - 9%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 12%	Niacin - 10%	
Vitamin B6 - 0%	Folic Acid - 14%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	132.142 IU
Vitamin A	26.428 RE

Water Soluble Vitamins	
Thiamin B1	0.235 mg
Riboflavin B2	0.203 mg
Niacin B3	n/a
Niacin B3	1.915 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.061 mg
Folic Acid	54.432 mcg

Minerals	
Phosphorus	44.498 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.679 mg
Calcium	133.993 mg
Manganese	0.000 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

