

# RECIPE ANALYSIS

Recipe Name : O-37  
Serving Size : 1 Bar

Recipe Desc : Hermits  
Prep Time :

Author :  
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 Bar		
Amount Per Serving		
<b>Calories 279.91</b>	<b>Calories from Fat 91.61</b>	
% Daily Value		
<b>Total Fat</b>	<b>10.18 g</b>	<b>16%</b>
Saturated	2.42 g	12%
PolyUnSat	0.21 g	n/a
MonoUnSat	0.47 g	n/a
<b>Cholesterol</b>	<b>28.92 mg</b>	<b>10%</b>
<b>Sodium</b>	<b>250.26 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>128.54 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>42.36 g</b>	<b>14%</b>
Dietary Fiber	1.75 g	7%
Sugars	2.60 g	n/a
<b>Protein</b>	<b>4.61 g</b>	
Vitamin A - 1%	Vitamin C - 2%	
Calcium - 3%	Iron - 12%	
Vitamin E - n/a	Thiamin - 13%	
Riboflavin - 8%	Niacin - 8%	
Vitamin B6 - 2%	Folic Acid - 9%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
Phosphorous - 6%	Magnesium - 3%	
Zinc - 2%	Copper - 5%	
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	0.088 mcg
Vitamin D	3.538 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	45.895 IU
Vitamin A	9.040 RE

Water Soluble Vitamins	
Thiamin B1	0.190 mg
Riboflavin B2	0.139 mg
Niacin B3	n/a
Niacin B3	1.536 mg
Pyridoxine B6	0.033 mg
Cobalamin B12	0.074 mcg
Pantothenic Acid	0.139 mg
Vitamin C	1.076 mg
Folic Acid	37.517 mcg

Minerals	
Phosphorus	64.713 mg
Zinc	0.273 mg
Magnesium	12.495 mg
Copper	0.094 mg
Selenium	2.096 mg
Iron	2.117 mg
Calcium	27.604 mg
Manganese	0.086 mg
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**

