

# RECIPE ANALYSIS

Recipe Name : O-39  
Serving Size : 1 Slice

Recipe Desc : Iced Cinnamon Bread  
Prep Time :

Author :  
Cook Time :

Yield : 80

Nutrition Information		
Serving Size: 1 Slice		
Amount Per Serving		
<b>Calories 222.74</b>	<b>Calories from Fat 31.27</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.47 g</b>	<b>5%</b>
Saturated	1.23 g	6%
PolyUnSat	0.64 g	n/a
MonoUnSat	0.12 g	n/a
<b>Cholesterol</b>	<b>5.25 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>201.47 mg</b>	<b>8%</b>
<b>Potassium</b>	<b>125.20 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>40.26 g</b>	<b>13%</b>
Dietary Fiber	1.77 g	7%
Sugars	2.53 g	n/a
<b>Protein</b>	<b>7.75 g</b>	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 6%	Iron - 3%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 4%	Niacin - 4%	
Vitamin B6 - 0%	Folic Acid - n/a	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 2%	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	15.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	121.502 IU
Vitamin A	24.302 RE

Water Soluble Vitamins	
Thiamin B1	0.147 mg
Riboflavin B2	0.068 mg
Niacin B3	n/a
Niacin B3	0.776 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	0.417 mg
Folic Acid	n/a

Minerals	
Phosphorus	16.457 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.541 mg
Calcium	58.657 mg
Manganese	0.000 mg
Iodine	18.375 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

