

RECIPE ANALYSIS

Recipe Name : O-76A
Serving Size : 1/2 inch Slice

Recipe Desc : Nut Bread
Prep Time :

Author :
Cook Time :

Yield : 80

Nutrition Information		
Serving Size: 1/2 inch Slice		
Amount Per Serving		
Calories 164.63	Calories from Fat 57.69	
	% Daily Value	
Total Fat	6.41 g	10%
Saturated	1.19 g	6%
PolyUnSat	0.13 g	n/a
MonoUnSat	0.30 g	n/a
Cholesterol	18.56 mg	6%
Sodium	70.66 mg	3%
Potassium	47.99 mg	1%
Total Carbs	23.19 g	8%
Dietary Fiber	1.11 g	4%
Sugars	1.14 g	n/a
Protein	2.86 g	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 5%	Niacin - 5%	
Vitamin B6 - 1%	Folic Acid - 7%	
Vitamin B12 - 1%	Pantothenic Acid - 0%	
Phosphorous - 6%	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	0.049 mcg
Vitamin D	9.450 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	48.055 IU
Vitamin A	9.610 RE

Water Soluble Vitamins	
Thiamin B1	0.111 mg
Riboflavin B2	0.087 mg
Niacin B3	0.000 NE
Niacin B3	0.905 mg
Pyridoxine B6	0.030 mg
Cobalamin B12	0.038 mcg
Pantothenic Acid	0.047 mg
Vitamin C	0.252 mg
Folic Acid	27.277 mcg

Minerals	
Phosphorus	64.792 mg
Zinc	0.041 mg
Magnesium	0.375 mg
Copper	0.001 mg
Selenium	1.155 mg
Iron	0.998 mg
Calcium	32.404 mg
Manganese	0.001 mg
Iodine	0.000 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

