

RECIPE ANALYSIS

Recipe Name : O-70
Serving Size : 1 Roll

Recipe Desc : Oat Bran Dinner Rolls
Prep Time :

Author :
Cook Time :

Yield : 456

Nutrition Information		
Serving Size: 1 Roll		
Amount Per Serving		
Calories 140.66	Calories from Fat 37.94	
% Daily Value		
Total Fat	4.22 g	6%
Saturated	1.11 g	6%
PolyUnSat	0.07 g	n/a
MonoUnSat	0.17 g	n/a
Cholesterol	0.44 mg	0%
Sodium	71.00 mg	3%
Potassium	53.39 mg	2%
Total Carbs	22.10 g	7%
Dietary Fiber	0.94 g	4%
Sugars	4.03 g	n/a
Protein	3.34 g	
Vitamin A - 0%	Vitamin C - 4%	
Calcium - 3%	Iron - 6%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 5%	Niacin - 4%	
Vitamin B6 - 0%	Folic Acid - 6%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 3%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	0.969 IU
Vitamin A	0.194 RE

Water Soluble Vitamins	
Thiamin B1	0.095 mg
Riboflavin B2	0.086 mg
Niacin B3	0.000 NE
Niacin B3	0.791 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	2.357 mg
Folic Acid	22.382 mcg

Minerals	
Phosphorus	30.771 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.056 mg
Calcium	31.918 mg
Manganese	0.000 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

