

# RECIPE ANALYSIS

Recipe Name : O-85  
Serving Size : 1 Roll

Recipe Desc : Onion Dinner Rolls  
Prep Time :

Author :  
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 Roll		
Amount Per Serving		
<b>Calories 133.40</b>	<b>Calories from Fat 17.91</b>	
% Daily Value		
<b>Total Fat</b>	<b>1.99 g</b>	<b>3%</b>
Saturated	0.63 g	3%
PolyUnSat	0.15 g	n/a
MonoUnSat	0.31 g	n/a
<b>Cholesterol</b>	<b>10.31 mg</b>	<b>3%</b>
<b>Sodium</b>	<b>124.92 mg</b>	<b>5%</b>
<b>Potassium</b>	<b>110.67 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>25.29 g</b>	<b>8%</b>
Dietary Fiber	0.89 g	4%
Sugars	0.85 g	n/a
<b>Protein</b>	<b>3.73 g</b>	
Vitamin A - 1%	Vitamin C - 6%	
Calcium - 3%	Iron - 7%	
Vitamin E - n/a	Thiamin - 20%	
Riboflavin - 8%	Niacin - 13%	
Vitamin B6 - 4%	Folic Acid - 12%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 5%	Magnesium - 1%	
Zinc - 1%	Copper - 1%	
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	0.027 mcg
Vitamin D	5.250 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	25.729 IU
Vitamin A	5.146 RE

Water Soluble Vitamins	
Thiamin B1	0.306 mg
Riboflavin B2	0.128 mg
Niacin B3	n/a
Niacin B3	2.639 mg
Pyridoxine B6	0.077 mg
Cobalamin B12	0.021 mcg
Pantothenic Acid	0.090 mg
Vitamin C	3.644 mg
Folic Acid	46.032 mcg

Minerals	
Phosphorus	48.058 mg
Zinc	0.111 mg
Magnesium	4.555 mg
Copper	0.021 mg
Selenium	0.642 mg
Iron	1.239 mg
Calcium	25.779 mg
Manganese	0.065 mg
Iodine	13.155 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**

