

RECIPE ANALYSIS

Recipe Name : O-90
Serving Size : 1 Bar

Recipe Desc : Pistachio Crunch
Prep Time :

Author :
Cook Time :

Yield : 32

Nutrition Information		
Serving Size: 1 Bar		
Amount Per Serving		
Calories 614.63	Calories from Fat 338.70	
	% Daily Value	
Total Fat	37.63 g	58%
Saturated	17.74 g	89%
PolyUnSat	2.97 g	n/a
MonoUnSat	5.23 g	n/a
Cholesterol	48.84 mg	16%
Sodium	389.86 mg	16%
Potassium	115.94 mg	3%
Total Carbs	68.00 g	23%
Dietary Fiber	2.38 g	10%
Sugars	37.22 g	n/a
Protein	5.18 g	
Vitamin A - 18%	Vitamin C - 1%	
Calcium - 21%	Iron - 9%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 2%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	911.274 IU
Vitamin A	218.259 RE

Water Soluble Vitamins	
Thiamin B1	0.006 mg
Riboflavin B2	0.031 mg
Niacin B3	n/a
Niacin B3	0.011 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.051 mcg
Pantothenic Acid	0.073 mg
Vitamin C	0.313 mg
Folic Acid	1.049 mcg

Minerals	
Phosphorus	61.306 mg
Zinc	0.066 mg
Magnesium	1.993 mg
Copper	0.001 mg
Selenium	n/a
Iron	1.709 mg
Calcium	214.955 mg
Manganese	0.000 mg
Iodine	n/a

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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.