

# RECIPE ANALYSIS

Recipe Name : O-83  
Serving Size : 1 Slice

Recipe Desc : Potato Bread  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 1 Slice		
Amount Per Serving		
<b>Calories 201.68</b>	<b>Calories from Fat 48.54</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.39 g</b>	<b>8%</b>
Saturated	1.45 g	7%
PolyUnSat	0.22 g	n/a
MonoUnSat	0.49 g	n/a
<b>Cholesterol</b>	<b>21.64 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>228.49 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>111.81 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>32.44 g</b>	<b>11%</b>
Dietary Fiber	1.09 g	4%
Sugars	1.68 g	n/a
<b>Protein</b>	<b>5.08 g</b>	
Vitamin A - 2%	Vitamin C - 6%	
Calcium - 3%	Iron - 8%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 12%	Niacin - 10%	
Vitamin B6 - 1%	Folic Acid - 12%	
Vitamin B12 - 2%	Pantothenic Acid - 1%	
Phosphorous - 7%	Magnesium - 1%	
Zinc - 1%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.314 mcg
Vitamin D	12.559 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	85.393 IU
Vitamin A	17.079 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.247 mg
Riboflavin B2	0.203 mg
Niacin B3	n/a
Niacin B3	1.936 mg
Pyridoxine B6	0.015 mg
Cobalamin B12	0.141 mcg
Pantothenic Acid	0.136 mg
Vitamin C	3.530 mg
Folic Acid	49.978 mcg

<b>Minerals</b>	
Phosphorus	73.208 mg
Zinc	0.154 mg
Magnesium	3.162 mg
Copper	0.001 mg
Selenium	1.540 mg
Iron	1.518 mg
Calcium	31.411 mg
Manganese	0.001 mg
Iodine	23.520 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

