

RECIPE ANALYSIS

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

Recipe Desc : Pumpkin Bread
Prep Time :

Author :
Cook Time :

Yield : 80

Nutrition Information		
Serving Size: 1/2 inch Slice		
Amount Per Serving		
Calories 166.72	Calories from Fat 57.10	
% Daily Value		
Total Fat	6.34 g	10%
Saturated	0.60 g	3%
PolyUnSat	2.15 g	n/a
MonoUnSat	3.57 g	n/a
Cholesterol	23.91 mg	8%
Sodium	78.41 mg	3%
Potassium	19.97 mg	1%
Total Carbs	26.04 g	9%
Dietary Fiber	0.64 g	3%
Sugars	0.53 g	n/a
Protein	2.14 g	
Vitamin A - 34%	Vitamin C - 1%	
Calcium - 1%	Iron - 4%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 4%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 5%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
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	0.073	mcg
Vitamin D	2.925	IU
Vitamin E	0.000	mg
Vitamin E	0.000	IU
Vitamin E	0.000	alp
Vitamin K	0.000	mcg
Vitamin A	1683.725	IU
Vitamin A	336.746	RE

Water Soluble Vitamins		
Thiamin B1	0.081	mg
Riboflavin B2	0.076	mg
Niacin B3	0.000	NE
Niacin B3	0.645	mg
Pyridoxine B6	0.008	mg
Cobalamin B12	0.056	mcg
Pantothenic Acid	0.071	mg
Vitamin C	0.577	mg
Folic Acid	20.759	mcg

Minerals		
Phosphorus	26.406	mg
Zinc	0.062	mg
Magnesium	0.563	mg
Copper	0.001	mg
Selenium	1.733	mg
Iron	0.752	mg
Calcium	7.619	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

