

# RECIPE ANALYSIS

Recipe Name : O-30  
Serving Size : 1 Doughnut

Recipe Desc : Raised Doughnuts  
Prep Time :

Author :  
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 Doughnut		
Amount Per Serving		
<b>Calories 118.20</b>	<b>Calories from Fat 31.94</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.55 g</b>	<b>5%</b>
Saturated	1.02 g	5%
PolyUnSat	0.45 g	n/a
MonoUnSat	0.33 g	n/a
<b>Cholesterol</b>	<b>16.52 mg</b>	<b>6%</b>
<b>Sodium</b>	<b>168.75 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>34.09 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>18.21 g</b>	<b>6%</b>
Dietary Fiber	0.60 g	2%
Sugars	0.76 g	n/a
<b>Protein</b>	<b>2.99 g</b>	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 11%	
Riboflavin - 7%	Niacin - 6%	
Vitamin B6 - 0%	Folic Acid - 8%	
Vitamin B12 - 1%	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		

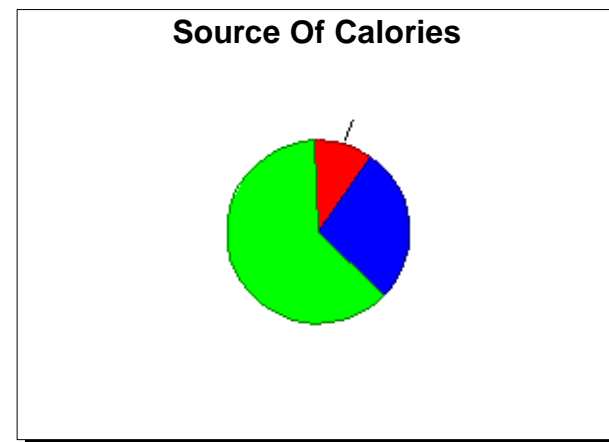
Fat Soluble Vitamins	
Vitamin D	0.046 mcg
Vitamin D	6.009 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	87.884 IU
Vitamin A	17.562 RE

Water Soluble Vitamins	
Thiamin B1	0.164 mg
Riboflavin B2	0.112 mg
Niacin B3	n/a
Niacin B3	1.220 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	0.035 mcg
Pantothenic Acid	0.045 mg
Vitamin C	0.100 mg
Folic Acid	30.016 mcg

Minerals	
Phosphorus	31.123 mg
Zinc	0.039 mg
Magnesium	0.384 mg
Copper	0.001 mg
Selenium	1.091 mg
Iron	0.913 mg
Calcium	14.745 mg
Manganese	0.001 mg
Iodine	16.444 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



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.