

RECIPE ANALYSIS

Recipe Name : O-61
Serving Size : 1 Biscuit

Recipe Desc : Southren Biscuits
Prep Time :

Author :
Cook Time :

Yield : 96

Nutrition Information		
Serving Size: 1 Biscuit		
Amount Per Serving		
Calories 194.35	Calories from Fat 74.00	
% Daily Value		
Total Fat	8.22 g	13%
Saturated	2.48 g	12%
PolyUnSat	0.14 g	n/a
MonoUnSat	0.28 g	n/a
Cholesterol	3.65 mg	1%
Sodium	591.23 mg	25%
Potassium	32.27 mg	1%
Total Carbs	25.38 g	8%
Dietary Fiber	0.83 g	3%
Sugars	1.68 g	n/a
Protein	4.06 g	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 4%	Iron - 8%	
Vitamin E - n/a	Thiamin - 13%	
Riboflavin - 7%	Niacin - 8%	
Vitamin B6 - n/a	Folic Acid - 12%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 20%	Magnesium - 0%	
Zinc - 0%	Copper - n/a	
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	10.417 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	31.250 IU
Vitamin A	6.250 RE

Water Soluble Vitamins	
Thiamin B1	0.197 mg
Riboflavin B2	0.123 mg
Niacin B3	n/a
Niacin B3	1.628 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.250 mg
Folic Acid	46.069 mcg

Minerals	
Phosphorus	199.182 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	n/a
Selenium	n/a
Iron	1.363 mg
Calcium	43.756 mg
Manganese	n/a
Iodine	39.464 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

