

SAMPLE

123 4th St., Sample City, ST 99999
Phone: (123) 456-7890 Fax: (123) 456-7890

Recipe Report

Sample Recipe Collection
Chocolate Chip Cookies

Serving Size: 2 cookies
Servings per Batch: 30

<i>Nutrients</i>	<i>Units</i>	<i>Total</i>	<i>RDI</i>	
			<i>Std</i>	<i>%</i>
<i>Portion</i>	g	59		
<i>Calories</i>	kcal	159	2000	8%
<i>Fat</i>	g	6.60	65	10%
<i>Saturated Fat</i>	g	4.03	20	20%
<i>Trans Fat</i>	g	0.17		
<i>Cholesterol</i>	mg	30.26	300	10%
<i>Sodium</i>	mg	46	2400	2%
<i>Carbohydrates</i>	g	23.13	300	8%
<i>Diet Fiber</i>	g	0.45	25	2%
<i>Total Sugar</i>	g	10.36		
<i>Sugar Alcohol</i>	g	0.00		
<i>Protein</i>	g	1.96	50	4%
<i>Vit C</i>	mg	0.00	60	0%
<i>Vit A</i>	IU	205.43	5000	4%
<i>Vit A</i>	mcg_RAE	56.08	1000	6%
<i>Calcium</i>	mg	10.53	1000	1%
<i>Iron</i>	mg	0.91	18	5%
<i>Alanine</i>	g	0.07		