

RECIPE ANALYSIS

Recipe Name : F-13
Serving Size : 2 roll slices

Recipe Desc : Ham Roll-up Tray
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 2 roll slices		
Amount Per Serving		
Calories 132.60	Calories from Fat 44.62	
% Daily Value		
Total Fat	4.96 g	8%
Saturated	2.16 g	11%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	24.26 mg	8%
Sodium	775.14 mg	32%
Potassium	26.46 mg	1%
Total Carbs	12.97 g	4%
Dietary Fiber	0.57 g	2%
Sugars	0.45 g	n/a
Protein	8.90 g	
Vitamin A - 24%	Vitamin C - 7%	
Calcium - 10%	Iron - 3%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	23.625 mcg
Vitamin A	1184.110 IU
Vitamin A	236.822 RE

Water Soluble Vitamins	
Thiamin B1	0.032 mg
Riboflavin B2	0.022 mg
Niacin B3	n/a
Niacin B3	0.189 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.054 mg
Folic Acid	5.292 mcg

Minerals	
Phosphorus	3.780 mg
Zinc	0.023 mg
Magnesium	1.890 mg
Copper	0.004 mg
Selenium	0.076 mg
Iron	0.520 mg
Calcium	95.869 mg
Manganese	0.034 mg
Iodine	n/a

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



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.