

RECIPE ANALYSIS

Recipe Name : K-03
Serving Size : 1 sandwich

Recipe Desc : Breakfast Croissantwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 359.60	Calories from Fat 187.69	
% Daily Value		
Total Fat	20.85 g	32%
Saturated	7.53 g	38%
PolyUnSat	0.68 g	n/a
MonoUnSat	1.91 g	n/a
Cholesterol	223.69 mg	75%
Sodium	598.50 mg	25%
Potassium	170.84 mg	5%
Total Carbs	28.55 g	10%
Dietary Fiber	1.37 g	5%
Sugars	13.47 g	n/a
Protein	14.60 g	
Vitamin A - 16%	Vitamin C - 13%	
Calcium - 14%	Iron - 13%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 15%	Niacin - 0%	
Vitamin B6 - 3%	Folic Acid - 6%	
Vitamin B12 - 8%	Pantothenic Acid - 6%	
Phosphorous - 9%	Magnesium - 1%	
Zinc - 4%	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	0.650 mcg
Vitamin D	26.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	817.154 IU
Vitamin A	163.431 RE

Water Soluble Vitamins	
Thiamin B1	0.030 mg
Riboflavin B2	0.250 mg
Niacin B3	n/a
Niacin B3	0.040 mg
Pyridoxine B6	0.070 mg
Cobalamin B12	0.500 mcg
Pantothenic Acid	0.630 mg
Vitamin C	7.723 mg
Folic Acid	23.500 mcg

Minerals	
Phosphorus	89.000 mg
Zinc	0.550 mg
Magnesium	5.000 mg
Copper	0.010 mg
Selenium	15.400 mg
Iron	2.292 mg
Calcium	139.105 mg
Manganese	0.010 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

