

# RECIPE ANALYSIS

Recipe Name : C-32  
Serving Size : 1 sandwich

Recipe Desc : Hot Turkey Sandwich  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 496.41</b>	<b>Calories from Fat 85.75</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.53 g</b>	<b>15%</b>
Saturated	1.64 g	8%
PolyUnSat	0.52 g	n/a
MonoUnSat	1.37 g	n/a
<b>Cholesterol</b>	<b>25.62 mg</b>	<b>9%</b>
<b>Sodium</b>	<b>1469.65 mg</b>	<b>61%</b>
<b>Potassium</b>	<b>466.48 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>80.29 g</b>	<b>27%</b>
Dietary Fiber	5.07 g	20%
Sugars	4.79 g	n/a
<b>Protein</b>	<b>20.81 g</b>	
Vitamin A - 6%	Vitamin C - 1%	
Calcium - 6%	Iron - 32%	
Vitamin E - n/a	Thiamin - 37%	
Riboflavin - 20%	Niacin - 20%	
Vitamin B6 - 0%	Folic Acid - 30%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 7%	Magnesium - 0%	
Zinc - 3%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	294.703 IU
Vitamin A	58.947 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.560 mg
Riboflavin B2	0.340 mg
Niacin B3	n/a
Niacin B3	4.100 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.590 mg
Folic Acid	121.280 mcg

<b>Minerals</b>	
Phosphorus	74.740 mg
Zinc	0.460 mg
Magnesium	0.142 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	5.726 mg
Calcium	58.282 mg
Manganese	0.000 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

