

RECIPE ANALYSIS

Recipe Name : E-64
Serving Size : 1 sandwich

Recipe Desc : Asian Grilled Tuna Sandwich
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 612.16	Calories from Fat 158.10	
% Daily Value		
Total Fat	17.57 g	27%
Saturated	2.51 g	13%
PolyUnSat	2.25 g	n/a
MonoUnSat	0.75 g	n/a
Cholesterol	50.00 mg	17%
Sodium	1313.91 mg	55%
Potassium	23.69 mg	1%
Total Carbs	61.33 g	20%
Dietary Fiber	1.93 g	8%
Sugars	0.57 g	n/a
Protein	49.30 g	
Vitamin A - 15%	Vitamin C - 6%	
Calcium - 6%	Iron - 10%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
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	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	751.794 IU
Vitamin A	134.749 RE

Water Soluble Vitamins	
Thiamin B1	0.001 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.006 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.005 mg
Vitamin C	3.446 mg
Folic Acid	0.484 mcg

Minerals	
Phosphorus	0.910 mg
Zinc	0.007 mg
Magnesium	0.518 mg
Copper	0.002 mg
Selenium	n/a
Iron	1.715 mg
Calcium	56.572 mg
Manganese	0.005 mg
Iodine	49.000 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

