

# RECIPE ANALYSIS

Recipe Name : E-24  
Serving Size : 1 EACH

Recipe Desc : Barbequed Beef on a Bun  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 157.82</b>	<b>Calories from Fat 18.00</b>	
% Daily Value		
<b>Total Fat</b>	<b>2.00 g</b>	<b>3%</b>
Saturated	0.00 g	0%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>282.17 mg</b>	<b>12%</b>
<b>Potassium</b>	<b>0.00 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>31.45 g</b>	<b>10%</b>
Dietary Fiber	1.00 g	4%
Sugars	8.45 g	n/a
<b>Protein</b>	<b>4.01 g</b>	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 8%	Iron - 10%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 8%	Niacin - 10%	
Vitamin B6 - 0%	Folic Acid - 8%	
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	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	0.000 mcg
Vitamin A	6.981 IU
Vitamin A	1.396 RE

Water Soluble Vitamins	
Thiamin B1	0.230 mg
Riboflavin B2	0.140 mg
Niacin B3	0.000 NE
Niacin B3	2.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.000 mg
Folic Acid	32.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.007 mg
Magnesium	0.200 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.807 mg
Calcium	82.877 mg
Manganese	0.000 mg
Iodine	0.000 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**

