

RECIPE ANALYSIS

Recipe Name : E-28
Serving Size : 3 1/2 oz

Recipe Desc : Barbeque Pork Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 3 1/2 oz		
Amount Per Serving		
Calories 292.40	Calories from Fat 61.74	
% Daily Value		
Total Fat	6.86 g	11%
Saturated	1.62 g	8%
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	24.30 mg	8%
Sodium	1206.40 mg	50%
Potassium	n/a	n/a
Total Carbs	44.28 g	15%
Dietary Fiber	1.00 g	4%
Sugars	15.52 g	n/a
Protein	11.56 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 9%	Iron - 10%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 8%	Niacin - 10%	
Vitamin B6 - n/a	Folic Acid - 8%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin A	0.000 IU
Vitamin A	0.000 RE

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

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	1.829 mg
Calcium	90.800 mg
Manganese	n/a
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.