

RECIPE ANALYSIS

Recipe Name : E-46
Serving Size : 1 wrap

Recipe Desc : BBQ Steak Wrap
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 wrap		
Amount Per Serving		
Calories 772.17	Calories from Fat 214.16	
% Daily Value		
Total Fat	23.80 g	37%
Saturated	7.56 g	38%
PolyUnSat	1.70 g	n/a
MonoUnSat	9.20 g	n/a
Cholesterol	103.41 mg	34%
Sodium	1472.50 mg	61%
Potassium	39.12 mg	1%
Total Carbs	90.95 g	30%
Dietary Fiber	3.67 g	15%
Sugars	5.89 g	n/a
Protein	46.00 g	
Vitamin A - 31%	Vitamin C - 25%	
Calcium - 14%	Iron - 52%	
Vitamin E - n/a	Thiamin - 24%	
Riboflavin - 12%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 22%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 37%	Copper - 1%	
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	0.000 alp
Vitamin K	n/a
Vitamin A	1543.378 IU
Vitamin A	303.285 RE

Water Soluble Vitamins	
Thiamin B1	0.359 mg
Riboflavin B2	0.211 mg
Niacin B3	n/a
Niacin B3	0.074 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.011 mg
Vitamin C	15.194 mg
Folic Acid	89.072 mcg

Minerals	
Phosphorus	5.245 mg
Zinc	5.494 mg
Magnesium	2.835 mg
Copper	0.011 mg
Selenium	0.000 mg
Iron	9.405 mg
Calcium	142.592 mg
Manganese	0.023 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

