

RECIPE ANALYSIS

Recipe Name : E-17
Serving Size : 1 EACH

Recipe Desc : BLT Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 224.26	Calories from Fat 84.18	
% Daily Value		
Total Fat	9.35 g	14%
Saturated	1.15 g	6%
PolyUnSat	3.50 g	n/a
MonoUnSat	2.54 g	n/a
Cholesterol	2.02 mg	1%
Sodium	376.84 mg	16%
Potassium	280.13 mg	8%
Total Carbs	32.44 g	11%
Dietary Fiber	1.64 g	7%
Sugars	6.38 g	n/a
Protein	5.46 g	
Vitamin A - 96%	Vitamin C - 32%	
Calcium - 11%	Iron - 12%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 12%	Niacin - 11%	
Vitamin B6 - 5%	Folic Acid - 17%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 4%	
Zinc - 1%	Copper - 3%	
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	0.526 alp
Vitamin K	94.500 mcg
Vitamin A	4785.395 IU
Vitamin A	972.119 RE

Water Soluble Vitamins	
Thiamin B1	0.310 mg
Riboflavin B2	0.197 mg
Niacin B3	0.000 NE
Niacin B3	2.239 mg
Pyridoxine B6	0.102 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.065 mg
Vitamin C	19.071 mg
Folic Acid	69.216 mcg

Minerals	
Phosphorus	33.374 mg
Zinc	0.216 mg
Magnesium	15.730 mg
Copper	0.055 mg
Selenium	0.302 mg
Iron	2.106 mg
Calcium	108.120 mg
Manganese	0.217 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

