

# RECIPE ANALYSIS

Recipe Name : E-73  
Serving Size : 1 wrap

Recipe Desc : Beef Braciolo Wrap  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 wrap		
Amount Per Serving		
<b>Calories 641.46</b>	<b>Calories from Fat 321.09</b>	
	% Daily Value	
<b>Total Fat</b>	<b>35.68 g</b>	<b>55%</b>
Saturated	15.96 g	80%
PolyUnSat	1.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>79.90 mg</b>	<b>27%</b>
<b>Sodium</b>	<b>1406.75 mg</b>	<b>59%</b>
<b>Potassium</b>	<b>171.77 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>48.74 g</b>	<b>16%</b>
Dietary Fiber	0.76 g	3%
Sugars	1.78 g	n/a
<b>Protein</b>	<b>30.16 g</b>	
Vitamin A - 13%	Vitamin C - 5%	
Calcium - 30%	Iron - 23%	
Vitamin E - n/a	Thiamin - 54%	
Riboflavin - 35%	Niacin - 39%	
Vitamin B6 - 1%	Folic Acid - 40%	
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	n/a
Vitamin E	0.000 alp
Vitamin K	0.027 mcg
Vitamin A	660.580 IU
Vitamin A	132.111 RE

Water Soluble Vitamins	
Thiamin B1	0.804 mg
Riboflavin B2	0.602 mg
Niacin B3	n/a
Niacin B3	7.834 mg
Pyridoxine B6	0.011 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.077 mg
Folic Acid	160.000 mcg

Minerals	
Phosphorus	1.905 mg
Zinc	0.012 mg
Magnesium	0.709 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	4.099 mg
Calcium	301.898 mg
Manganese	0.009 mg
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

