

RECIPE ANALYSIS

Recipe Name : E-22
Serving Size : 1 sandwich

Recipe Desc : Bistro Croissant
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 440.34	Calories from Fat 219.06	
% Daily Value		
Total Fat	24.34 g	37%
Saturated	14.53 g	73%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	84.55 mg	28%
Sodium	1992.05 mg	83%
Potassium	38.87 mg	1%
Total Carbs	29.24 g	10%
Dietary Fiber	1.04 g	4%
Sugars	6.98 g	n/a
Protein	24.73 g	
Vitamin A - 39%	Vitamin C - 47%	
Calcium - 21%	Iron - 10%	
Vitamin E - n/a	Thiamin - 21%	
Riboflavin - 11%	Niacin - 10%	
Vitamin B6 - 2%	Folic Acid - 16%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 0%	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	12.305 mcg
Vitamin A	1958.854 IU
Vitamin A	391.769 RE

Water Soluble Vitamins	
Thiamin B1	0.315 mg
Riboflavin B2	0.181 mg
Niacin B3	n/a
Niacin B3	2.100 mg
Pyridoxine B6	0.041 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.011 mg
Vitamin C	28.222 mg
Folic Acid	65.875 mcg

Minerals	
Phosphorus	4.662 mg
Zinc	0.031 mg
Magnesium	2.402 mg
Copper	0.011 mg
Selenium	0.039 mg
Iron	1.753 mg
Calcium	206.335 mg
Manganese	0.034 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

Source Of Calories

