

RECIPE ANALYSIS

Recipe Name : E-26
Serving Size : 1 sandwich

Recipe Desc : Buffalo Chicken Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 910.83	Calories from Fat 509.35	
	% Daily Value	
Total Fat	56.59 g	87%
Saturated	11.47 g	57%
PolyUnSat	3.60 g	n/a
MonoUnSat	8.99 g	n/a
Cholesterol	132.59 mg	44%
Sodium	2239.67 mg	93%
Potassium	129.85 mg	4%
Total Carbs	54.27 g	18%
Dietary Fiber	1.96 g	8%
Sugars	9.41 g	n/a
Protein	47.13 g	
Vitamin A - 2%	Vitamin C - 1%	
Calcium - 9%	Iron - 19%	
Vitamin E - n/a	Thiamin - 32%	
Riboflavin - 18%	Niacin - 18%	
Vitamin B6 - 1%	Folic Acid - 25%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 7%	Magnesium - 1%	
Zinc - 3%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	106.404 IU
Vitamin A	21.291 RE

Water Soluble Vitamins	
Thiamin B1	0.487 mg
Riboflavin B2	0.304 mg
Niacin B3	n/a
Niacin B3	3.540 mg
Pyridoxine B6	0.026 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.093 mg
Vitamin C	0.374 mg
Folic Acid	100.917 mcg

Minerals	
Phosphorus	67.217 mg
Zinc	0.405 mg
Magnesium	3.708 mg
Copper	0.019 mg
Selenium	n/a
Iron	3.452 mg
Calcium	89.869 mg
Manganese	0.093 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

