

RECIPE ANALYSIS

Recipe Name : E-63
Serving Size : 1 sandwich

Recipe Desc : Cajun Walleye Sandwich
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 309.68	Calories from Fat 71.79	
% Daily Value		
Total Fat	7.98 g	12%
Saturated	3.60 g	18%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	18.29 mg	6%
Sodium	1350.72 mg	56%
Potassium	585.68 mg	17%
Total Carbs	31.39 g	10%
Dietary Fiber	2.21 g	9%
Sugars	3.68 g	n/a
Protein	30.13 g	
Vitamin A - 31%	Vitamin C - 7%	
Calcium - 24%	Iron - 23%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 23%	Niacin - 26%	
Vitamin B6 - 1%	Folic Acid - 12%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 32%	Magnesium - 9%	
Zinc - 1%	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	0.022 alp
Vitamin K	9.283 mcg
Vitamin A	1545.021 IU
Vitamin A	307.967 RE

Water Soluble Vitamins	
Thiamin B1	0.385 mg
Riboflavin B2	0.391 mg
Niacin B3	n/a
Niacin B3	5.259 mg
Pyridoxine B6	0.022 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.144 mg
Vitamin C	3.995 mg
Folic Acid	46.763 mcg

Minerals	
Phosphorus	323.991 mg
Zinc	0.117 mg
Magnesium	36.412 mg
Copper	0.024 mg
Selenium	0.000 mg
Iron	4.213 mg
Calcium	237.215 mg
Manganese	0.047 mg
Iodine	98.000 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

