

# RECIPE ANALYSIS

Recipe Name : E-34  
Serving Size : 1 sandwich

Recipe Desc : California Reuben  
Prep Time :

Author :  
Cook Time :

Yield : 50

<b>Nutrition Information</b>		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 560.85</b>	<b>Calories from Fat 259.30</b>	
	% Daily Value	
<b>Total Fat</b>	<b>28.81 g</b>	<b>44%</b>
Saturated	12.46 g	62%
PolyUnSat	2.72 g	n/a
MonoUnSat	0.86 g	n/a
<b>Cholesterol</b>	<b>52.91 mg</b>	<b>18%</b>
<b>Sodium</b>	<b>1179.52 mg</b>	<b>49%</b>
<b>Potassium</b>	<b>504.53 mg</b>	<b>14%</b>
<b>Total Carbs</b>	<b>55.46 g</b>	<b>18%</b>
Dietary Fiber	4.63 g	19%
Sugars	6.22 g	n/a
<b>Protein</b>	<b>24.97 g</b>	
Vitamin A - 30%	Vitamin C - 42%	
Calcium - 47%	Iron - 16%	
Vitamin E - n/a	Thiamin - 33%	
Riboflavin - 21%	Niacin - 22%	
Vitamin B6 - 5%	Folic Acid - 22%	
Vitamin B12 - 0%	Pantothenic Acid - 4%	
Phosphorous - 4%	Magnesium - 3%	
Zinc - 2%	Copper - 6%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.446 mcg
Vitamin D	17.865 IU
Vitamin E	n/a
Vitamin E	0.028 IU
Vitamin E	0.349 alp
Vitamin K	0.024 mcg
Vitamin A	1485.702 IU
Vitamin A	297.140 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.492 mg
Riboflavin B2	0.354 mg
Niacin B3	n/a
Niacin B3	4.470 mg
Pyridoxine B6	0.091 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.414 mg
Vitamin C	25.015 mg
Folic Acid	88.252 mcg

<b>Minerals</b>	
Phosphorus	39.120 mg
Zinc	0.259 mg
Magnesium	11.495 mg
Copper	0.116 mg
Selenium	2.249 mg
Iron	2.964 mg
Calcium	470.716 mg
Manganese	0.106 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

