

# RECIPE ANALYSIS

Recipe Name : E-51a  
Serving Size : 1 calzone

Recipe Desc : Calzone, w/meat  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 calzone		
Amount Per Serving		
<b>Calories 774.50</b>	<b>Calories from Fat 359.18</b>	
% Daily Value		
<b>Total Fat</b>	<b>39.91 g</b>	<b>61%</b>
Saturated	17.20 g	86%
PolyUnSat	3.23 g	n/a
MonoUnSat	10.77 g	n/a
<b>Cholesterol</b>	<b>102.48 mg</b>	<b>34%</b>
<b>Sodium</b>	<b>2104.71 mg</b>	<b>88%</b>
<b>Potassium</b>	<b>584.94 mg</b>	<b>17%</b>
<b>Total Carbs</b>	<b>69.32 g</b>	<b>23%</b>
Dietary Fiber	2.71 g	11%
Sugars	2.26 g	n/a
<b>Protein</b>	<b>35.22 g</b>	
Vitamin A - 17%	Vitamin C - 17%	
Calcium - 34%	Iron - 32%	
Vitamin E - n/a	Thiamin - 45%	
Riboflavin - 33%	Niacin - 30%	
Vitamin B6 - 0%	Folic Acid - 32%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 30%	Magnesium - 7%	
Zinc - 11%	Copper - 7%	
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	0.013 mcg
Vitamin D	0.520 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	861.297 IU
Vitamin A	172.261 RE

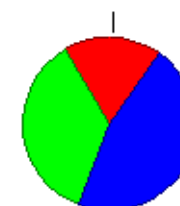
Water Soluble Vitamins	
Thiamin B1	0.672 mg
Riboflavin B2	0.553 mg
Niacin B3	n/a
Niacin B3	6.037 mg
Pyridoxine B6	0.001 mg
Cobalamin B12	0.010 mcg
Pantothenic Acid	0.013 mg
Vitamin C	10.217 mg
Folic Acid	127.410 mcg

Minerals	
Phosphorus	304.781 mg
Zinc	1.587 mg
Magnesium	28.658 mg
Copper	0.130 mg
Selenium	0.308 mg
Iron	5.850 mg
Calcium	339.949 mg
Manganese	0.000 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.