

# RECIPE ANALYSIS

Recipe Name : E-08  
Serving Size : 1 sandwich

Recipe Desc : Casablanca Pita  
Prep Time :

Author :  
Cook Time :

Yield : 24

<b>Nutrition Information</b>		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 311.95</b>	<b>Calories from Fat 126.29</b>	
% Daily Value		
<b>Total Fat</b>	<b>14.03 g</b>	<b>22%</b>
Saturated	6.99 g	35%
PolyUnSat	0.94 g	n/a
MonoUnSat	1.77 g	n/a
<b>Cholesterol</b>	<b>23.23 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>588.28 mg</b>	<b>25%</b>
<b>Potassium</b>	<b>188.69 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>35.50 g</b>	<b>12%</b>
Dietary Fiber	2.55 g	10%
Sugars	0.99 g	n/a
<b>Protein</b>	<b>14.20 g</b>	
Vitamin A - 51%	Vitamin C - 22%	
Calcium - 28%	Iron - 29%	
Vitamin E - n/a	Thiamin - 12%	
Riboflavin - 19%	Niacin - 10%	
Vitamin B6 - 2%	Folic Acid - 18%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 8%	Magnesium - 3%	
Zinc - 5%	Copper - 2%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	24.609 mcg
Vitamin A	2558.155 IU
Vitamin A	428.903 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.187 mg
Riboflavin B2	0.328 mg
Niacin B3	n/a
Niacin B3	1.934 mg
Pyridoxine B6	0.039 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	13.105 mg
Folic Acid	73.382 mcg

<b>Minerals</b>	
Phosphorus	81.677 mg
Zinc	0.697 mg
Magnesium	10.801 mg
Copper	0.031 mg
Selenium	0.079 mg
Iron	5.300 mg
Calcium	280.030 mg
Manganese	0.417 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**

