

# RECIPE ANALYSIS

Recipe Name : E-39  
Serving Size : 1 sandwich

Recipe Desc : Chicken Caprese Focaccia  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 1264.37</b>	<b>Calories from Fat 699.39</b>	
	% Daily Value	
<b>Total Fat</b>	<b>77.71 g</b>	<b>120%</b>
Saturated	24.40 g	122%
PolyUnSat	12.91 g	n/a
MonoUnSat	20.83 g	n/a
<b>Cholesterol</b>	<b>232.49 mg</b>	<b>77%</b>
<b>Sodium</b>	<b>1321.58 mg</b>	<b>55%</b>
<b>Potassium</b>	<b>276.05 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>74.27 g</b>	<b>25%</b>
Dietary Fiber	0.96 g	4%
Sugars	3.96 g	n/a
<b>Protein</b>	<b>65.84 g</b>	
Vitamin A - 32%	Vitamin C - 17%	
Calcium - 71%	Iron - 20%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 11%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.139 alp
Vitamin K	n/a
Vitamin A	1618.331 IU
Vitamin A	323.666 RE

Water Soluble Vitamins	
Thiamin B1	0.065 mg
Riboflavin B2	0.191 mg
Niacin B3	n/a
Niacin B3	0.388 mg
Pyridoxine B6	0.020 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.023 mg
Vitamin C	10.155 mg
Folic Acid	1.237 mcg

Minerals	
Phosphorus	6.143 mg
Zinc	0.157 mg
Magnesium	2.857 mg
Copper	0.014 mg
Selenium	n/a
Iron	3.616 mg
Calcium	714.305 mg
Manganese	0.029 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

