

# RECIPE ANALYSIS

Recipe Name : E-41  
Serving Size : 1/10th of round

Recipe Desc : Chicken Club Muffuletta  
Prep Time :

Author :  
Cook Time :

Yield : 10

| Nutrition Information                                   |                                 |            |
|---|---------------------------------|------------|
| Serving Size: 1/10th of round                           |                                 |            |
| Amount Per Serving                                      |                                 |            |
| <b>Calories 279.49</b>                                  | <b>Calories from Fat 176.72</b> |            |
| % Daily Value   |                                 |            |
| <b>Total Fat</b>  | <b>19.64 g</b>                  | <b>30%</b> |
| Saturated   | 9.92 g                          | 50%        |
| PolyUnSat   | 0.35 g                          | n/a        |
| MonoUnSat   | 1.35 g                          | n/a        |
| <b>Cholesterol</b>                                      | <b>82.91 mg</b>                 | <b>28%</b> |
| <b>Sodium</b>   | <b>1071.38 mg</b>               | <b>45%</b> |
| <b>Potassium</b>  | <b>255.15 mg</b>                | <b>7%</b>  |
| <b>Total Carbs</b>                                      | <b>7.74 g</b>                   | <b>3%</b>  |
| Dietary Fiber   | 1.12 g                          | 4%         |
| Sugars  | 3.11 g                          | n/a        |
| <b>Protein</b>  | <b>20.42 g</b>                  |            |
| Vitamin A - 18%   | Vitamin C - 13%                 |            |
| Calcium - 27%   | Iron - 9%                       |            |
| Vitamin E - n/a   | Thiamin - 3%                    |            |
| Riboflavin - 3%   | Niacin - 21%                    |            |
| Vitamin B6 - 13%  | Folic Acid - 3%                 |            |
| Vitamin B12 - 2%  | Pantothenic Acid - 3%           |            |
| Phosphorous - 12%                                       | Magnesium - 2%                  |            |
| Zinc - 5%   | Copper - 3%                     |            |
| 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            | 0.113 mcg  |
| Vitamin D            | 4.455 IU   |
| Vitamin E            | 0.000 mg   |
| Vitamin E            | 0.000 IU   |
| Vitamin E            | 0.013 alp  |
| Vitamin K            | 6.058 mcg  |
| Vitamin A            | 898.391 IU |
| Vitamin A            | 175.369 RE |

| Water Soluble Vitamins |            |
|------------------------|------------|
| Thiamin B1             | 0.046 mg   |
| Riboflavin B2          | 0.046 mg   |
| Niacin B3              | 0.000 NE   |
| Niacin B3              | 4.293 mg   |
| Pyridoxine B6          | 0.253 mg   |
| Cobalamin B12          | 0.142 mcg  |
| Pantothenic Acid       | 0.349 mg   |
| Vitamin C              | 7.902 mg   |
| Folic Acid             | 10.291 mcg |

| Minerals   |            |
|------------|------------|
| Phosphorus | 122.948 mg |
| Zinc       | 0.744 mg   |
| Magnesium  | 9.299 mg   |
| Copper     | 0.062 mg   |
| Selenium   | 0.016 mg   |
| Iron       | 1.596 mg   |
| Calcium    | 271.807 mg |
| Manganese  | 0.080 mg   |
| Iodine     | 0.000 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**

