RECIPE ANALYSIS

Recipe Name : E-62 **Recipe Desc : Chicken Cordon Bleu Sandwich** **Author :** **Yield : 50**
Serving Size : 1 sandwich **Prep Time :** **Cook Time :**

Nutrition Information

Serving Size: 1 sandwich

Amount Per Serving

Calories 539.40 **Calories from Fat 219.87**

			% Daily Value
Total Fat	**24.43**	**g**	**38%**
Saturated	8.87	g	44%
PolyUnSat	3.34	g	n/a
MonoUnSat	6.33	g	n/a
Cholesterol	**89.20**	**mg**	**30%**
Sodium	**1711.57**	**mg**	**71%**
Potassium	**71.97**	**mg**	**2%**
Total Carbs	**48.50**	**g**	**16%**
Dietary Fiber	2.80	g	11%
Sugars	6.48	g	n/a
Protein	**30.31**	**g**	

Vitamin A - 2%	Vitamin C - 0%
Calcium - 15%	Iron - 15%
Vitamin E - n/a	Thiamin - 21%
Riboflavin - 13%	Niacin - 11%
Vitamin B6 - 1%	Folic Acid - 15%
Vitamin B12 - 0%	Pantothenic Acid - 0%
Phosphorous - 5%	Magnesium - 0%
Zinc - 2%	Copper - 0%

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	**0.000**	**mcg**
Vitamin D	**0.000**	**IU**
Vitamin E	**0.000**	**mg**
Vitamin E	**n/a**	
Vitamin E	**n/a**	
Vitamin K	**n/a**	
Vitamin A	**119.591**	**IU**
Vitamin A	**23.914**	**RE**

Water Soluble Vitamins

Thiamin B1	**0.310**	**mg**
Riboflavin B2	**0.220**	**mg**
Niacin B3	**n/a**	
Niacin B3	**2.115**	**mg**
Pyridoxine B6	**0.020**	**mg**
Cobalamin B12	**0.000**	**mcg**
Pantothenic Acid	**0.000**	**mg**
Vitamin C	**0.000**	**mg**
Folic Acid	**58.590**	**mcg**

Minerals

Phosphorus	**53.130**	**mg**
Zinc	**0.260**	**mg**
Magnesium	**0.000**	**mg**
Copper	**0.000**	**mg**
Selenium	**n/a**	
Iron	**2.764**	**mg**
Calcium	**153.957**	**mg**
Manganese	**n/a**	
Iodine	**n/a**	

US Diabetic Exchanges

Not Available.

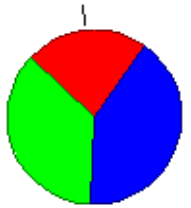
Starch	**n/a**
Fruit	**n/a**
Milk (Skim)	**n/a**
Milk (2%)	**n/a**
Milk (Whole)	**n/a**
Other Carbs	**n/a**
Vegetables	**n/a**
Meat (Very Lean)	**n/a**
Meat (Lean)	**n/a**
Meat (Med. Fat)	**n/a**
Meat (High Fat)	**n/a**
Fat	**n/a**

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.