

RECIPE ANALYSIS

Recipe Name : E-60
Serving Size : 1/2 sandwich

Recipe Desc : Chicken Cordon Bleu Wrap Sand. Author :
Prep Time : Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 sandwich		
Amount Per Serving		
Calories 236.65	Calories from Fat 92.15	
% Daily Value		
Total Fat	10.24 g	16%
Saturated	5.68 g	28%
PolyUnSat	0.33 g	n/a
MonoUnSat	0.83 g	n/a
Cholesterol	49.30 mg	16%
Sodium	1288.86 mg	54%
Potassium	217.44 mg	6%
Total Carbs	13.75 g	5%
Dietary Fiber	1.21 g	5%
Sugars	1.60 g	n/a
Protein	19.38 g	
Vitamin A - 21%	Vitamin C - 17%	
Calcium - 22%	Iron - 4%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 9%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 4%	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	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	1047.711 IU
Vitamin A	209.542 RE

Water Soluble Vitamins	
Thiamin B1	0.027 mg
Riboflavin B2	0.027 mg
Niacin B3	0.000 NE
Niacin B3	0.136 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	10.394 mg
Folic Acid	37.014 mcg

Minerals	
Phosphorus	12.247 mg
Zinc	0.573 mg
Magnesium	5.459 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.725 mg
Calcium	217.077 mg
Manganese	0.000 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

