

# RECIPE ANALYSIS

Recipe Name : E-70  
Serving Size : 1 wrap

Recipe Desc : Cobb Salad Wrap  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 wrap		
Amount Per Serving		
<b>Calories 844.36</b>	<b>Calories from Fat 446.47</b>	
% Daily Value		
<b>Total Fat</b>	<b>49.61 g</b>	<b>76%</b>
Saturated	15.89 g	79%
PolyUnSat	1.94 g	n/a
MonoUnSat	3.20 g	n/a
<b>Cholesterol</b>	<b>97.03 mg</b>	<b>32%</b>
<b>Sodium</b>	<b>2329.05 mg</b>	<b>97%</b>
<b>Potassium</b>	<b>467.62 mg</b>	<b>13%</b>
<b>Total Carbs</b>	<b>56.85 g</b>	<b>19%</b>
Dietary Fiber	2.75 g	11%
Sugars	7.67 g	n/a
<b>Protein</b>	<b>36.55 g</b>	
Vitamin A - 30%	Vitamin C - 18%	
Calcium - 9%	Iron - 22%	
Vitamin E - n/a	Thiamin - 28%	
Riboflavin - 17%	Niacin - 20%	
Vitamin B6 - 4%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 12%	Magnesium - 3%	
Zinc - 1%	Copper - 4%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	8.457 mcg
Vitamin A	1477.841 IU
Vitamin A	278.161 RE

Water Soluble Vitamins	
Thiamin B1	0.414 mg
Riboflavin B2	0.296 mg
Niacin B3	n/a
Niacin B3	3.921 mg
Pyridoxine B6	0.090 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.275 mg
Vitamin C	10.738 mg
Folic Acid	20.779 mcg

Minerals	
Phosphorus	119.749 mg
Zinc	0.131 mg
Magnesium	13.735 mg
Copper	0.074 mg
Selenium	n/a
Iron	3.904 mg
Calcium	92.278 mg
Manganese	0.093 mg
Iodine	1.170 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

