

# RECIPE ANALYSIS

Recipe Name : E-47  
Serving Size : 1 sandwich

Recipe Desc : Cuban Panini  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 763.76</b>	<b>Calories from Fat 309.91</b>	
	% Daily Value	
<b>Total Fat</b>	<b>34.43 g</b>	<b>53%</b>
Saturated	9.61 g	48%
PolyUnSat	2.04 g	n/a
MonoUnSat	10.02 g	n/a
<b>Cholesterol</b>	<b>64.17 mg</b>	<b>21%</b>
<b>Sodium</b>	<b>2279.03 mg</b>	<b>95%</b>
<b>Potassium</b>	<b>76.86 mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>59.28 g</b>	<b>20%</b>
Dietary Fiber	1.74 g	7%
Sugars	0.85 g	n/a
<b>Protein</b>	<b>52.55 g</b>	
Vitamin A - 9%	Vitamin C - 11%	
Calcium - 27%	Iron - 13%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	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	0.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.175 alp
Vitamin K	n/a
Vitamin A	472.320 IU
Vitamin A	94.464 RE

Water Soluble Vitamins	
Thiamin B1	0.011 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.191 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	6.522 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	7.740 mg
Zinc	0.056 mg
Magnesium	3.600 mg
Copper	0.018 mg
Selenium	n/a
Iron	2.258 mg
Calcium	266.012 mg
Manganese	0.036 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**

