

# RECIPE ANALYSIS

Recipe Name : E-37  
Serving Size : 1 sandwich

Recipe Desc : Farmers Market Sandwich  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 850.29</b>	<b>Calories from Fat 162.08</b>	
% Daily Value		
<b>Total Fat</b>	<b>18.01 g</b>	<b>28%</b>
Saturated	3.65 g	18%
PolyUnSat	1.98 g	n/a
MonoUnSat	9.60 g	n/a
<b>Cholesterol</b>	<b>7.29 mg</b>	<b>2%</b>
<b>Sodium</b>	<b>2058.93 mg</b>	<b>86%</b>
<b>Potassium</b>	<b>227.80 mg</b>	<b>7%</b>
<b>Total Carbs</b>	<b>144.27 g</b>	<b>48%</b>
Dietary Fiber	7.09 g	28%
Sugars	7.14 g	n/a
<b>Protein</b>	<b>24.17 g</b>	
Vitamin A - 82%	Vitamin C - 83%	
Calcium - 7%	Iron - 12%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 5%	Niacin - 1%	
Vitamin B6 - 4%	Folic Acid - 20%	
Vitamin B12 - n/a	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 0%	
Zinc - 1%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	163.296 mcg
Vitamin A	4108.285 IU
Vitamin A	821.658 RE

Water Soluble Vitamins	
Thiamin B1	0.033 mg
Riboflavin B2	0.078 mg
Niacin B3	n/a
Niacin B3	0.294 mg
Pyridoxine B6	0.082 mg
Cobalamin B12	n/a
Pantothenic Acid	0.029 mg
Vitamin C	49.945 mg
Folic Acid	79.199 mcg

Minerals	
Phosphorus	20.004 mg
Zinc	0.216 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.107 mg
Calcium	71.922 mg
Manganese	0.000 mg
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

