

RECIPE ANALYSIS

Recipe Name : E-25
Serving Size : 1 EACH

Recipe Desc : French Bread Pizza
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 104.66	Calories from Fat 56.33	
% Daily Value		
Total Fat	6.26 g	10%
Saturated	1.73 g	9%
PolyUnSat	1.01 g	n/a
MonoUnSat	0.36 g	n/a
Cholesterol	12.55 mg	4%
Sodium	570.81 mg	24%
Potassium	6.97 mg	0%
Total Carbs	7.41 g	2%
Dietary Fiber	1.73 g	7%
Sugars	3.21 g	n/a
Protein	4.37 g	
Vitamin A - 0%	Vitamin C - 4%	
Calcium - 3%	Iron - 2%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	0.000 alp
Vitamin K	0.013 mcg
Vitamin A	16.336 IU
Vitamin A	3.267 RE

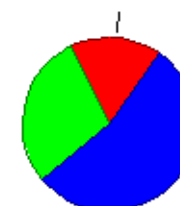
Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.009 mg
Niacin B3	n/a
Niacin B3	0.093 mg
Pyridoxine B6	0.006 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	2.525 mg
Folic Acid	2.578 mcg

Minerals	
Phosphorus	2.624 mg
Zinc	0.022 mg
Magnesium	0.354 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.444 mg
Calcium	25.422 mg
Manganese	0.005 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



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.