

RECIPE ANALYSIS

Recipe Name : E-33
Serving Size : 1 sandwich

Recipe Desc : French Dip Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 272.10	Calories from Fat 35.49	
% Daily Value		
Total Fat	3.94 g	6%
Saturated	1.63 g	8%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	64.80 mg	22%
Sodium	1022.12 mg	43%
Potassium	0.00 mg	0%
Total Carbs	32.77 g	11%
Dietary Fiber	1.03 g	4%
Sugars	2.31 g	n/a
Protein	25.86 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 0%	Iron - 23%	
Vitamin E - n/a	Thiamin - 53%	
Riboflavin - 10%	Niacin - 10%	
Vitamin B6 - 0%	Folic Acid - 15%	
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	n/a
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	0.000 IU
Vitamin A	0.000 RE

Water Soluble Vitamins	
Thiamin B1	0.800 mg
Riboflavin B2	0.170 mg
Niacin B3	n/a
Niacin B3	2.000 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.000 mg
Folic Acid	60.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	n/a
Iron	4.133 mg
Calcium	0.000 mg
Manganese	n/a
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

