

RECIPE ANALYSIS

Recipe Name : E-21
Serving Size : 1 sandwich

Recipe Desc : Fried Egg Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 404.58	Calories from Fat 171.56	
% Daily Value		
Total Fat	19.06 g	29%
Saturated	9.73 g	49%
PolyUnSat	1.02 g	n/a
MonoUnSat	2.73 g	n/a
Cholesterol	241.15 mg	80%
Sodium	1068.71 mg	45%
Potassium	208.63 mg	6%
Total Carbs	39.78 g	13%
Dietary Fiber	2.91 g	12%
Sugars	3.65 g	n/a
Protein	19.48 g	
Vitamin A - 20%	Vitamin C - 5%	
Calcium - 25%	Iron - 16%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 26%	Niacin - 15%	
Vitamin B6 - 6%	Folic Acid - 21%	
Vitamin B12 - 8%	Pantothenic Acid - 6%	
Phosphorous - 18%	Magnesium - 1%	
Zinc - 8%	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	0.650 mcg
Vitamin D	26.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	1006.761 IU
Vitamin A	201.360 RE

Water Soluble Vitamins	
Thiamin B1	0.390 mg
Riboflavin B2	0.450 mg
Niacin B3	n/a
Niacin B3	3.000 mg
Pyridoxine B6	0.130 mg
Cobalamin B12	0.500 mcg
Pantothenic Acid	0.630 mg
Vitamin C	3.218 mg
Folic Acid	85.680 mcg

Minerals	
Phosphorus	178.380 mg
Zinc	1.210 mg
Magnesium	5.000 mg
Copper	0.010 mg
Selenium	15.400 mg
Iron	2.795 mg
Calcium	250.449 mg
Manganese	0.010 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

