

# RECIPE ANALYSIS

Recipe Name : E-67  
Serving Size : 1 sandwich

Recipe Desc : Garden Bagel Burger  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 446.59</b>	<b>Calories from Fat 64.95</b>	
% Daily Value		
<b>Total Fat</b>	<b>7.22 g</b>	<b>11%</b>
Saturated	1.00 g	5%
PolyUnSat	3.01 g	n/a
MonoUnSat	2.00 g	n/a
<b>Cholesterol</b>	<b>0.62 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>909.59 mg</b>	<b>38%</b>
<b>Potassium</b>	<b>670.41 mg</b>	<b>19%</b>
<b>Total Carbs</b>	<b>75.94 g</b>	<b>25%</b>
Dietary Fiber	8.62 g	34%
Sugars	5.60 g	n/a
<b>Protein</b>	<b>25.01 g</b>	
Vitamin A - 11%	Vitamin C - 12%	
Calcium - 21%	Iron - 42%	
Vitamin E - n/a	Thiamin - 37%	
Riboflavin - 24%	Niacin - 24%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 3%	Pantothenic Acid - 2%	
Phosphorous - 5%	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	n/a
Vitamin A	525.255 IU
Vitamin A	98.565 RE

Water Soluble Vitamins	
Thiamin B1	0.553 mg
Riboflavin B2	0.402 mg
Niacin B3	n/a
Niacin B3	4.722 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.187 mcg
Pantothenic Acid	0.193 mg
Vitamin C	6.967 mg
Folic Acid	5.361 mcg

Minerals	
Phosphorus	46.944 mg
Zinc	0.109 mg
Magnesium	1.823 mg
Copper	0.007 mg
Selenium	n/a
Iron	7.478 mg
Calcium	208.863 mg
Manganese	0.029 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**

