

RECIPE ANALYSIS

Recipe Name : E-05
Serving Size : 1 EACH

Recipe Desc : Greek Gyro Sandwich
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 115.36	Calories from Fat 106.24	
% Daily Value		
Total Fat	11.80 g	18%
Saturated	1.70 g	8%
PolyUnSat	0.00 g	n/a
MonoUnSat	2.75 g	n/a
Cholesterol	0.00 mg	0%
Sodium	69.40 mg	3%
Potassium	11.03 mg	0%
Total Carbs	2.86 g	1%
Dietary Fiber	0.11 g	0%
Sugars	2.47 g	n/a
Protein	0.08 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 0%	Iron - 1%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
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	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	6.115 IU
Vitamin A	1.222 RE

Water Soluble Vitamins	
Thiamin B1	0.003 mg
Riboflavin B2	0.000 mg
Niacin B3	0.000 NE
Niacin B3	0.003 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.275 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	2.149 mg
Zinc	0.003 mg
Magnesium	0.139 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.108 mg
Calcium	2.291 mg
Manganese	0.000 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

