

RECIPE ANALYSIS

Recipe Name : E-19
Serving Size : 1 EACH

Recipe Desc : Grilled Cheese Sandwich
Prep Time :

Author :
Cook Time :

Yield : 100

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 358.70	Calories from Fat 206.81	
	% Daily Value	
Total Fat	22.98 g	35%
Saturated	12.88 g	64%
PolyUnSat	n/a	n/a
MonoUnSat	1.94 g	n/a
Cholesterol	57.91 mg	19%
Sodium	1123.21 mg	47%
Potassium	n/a	n/a
Total Carbs	28.00 g	9%
Dietary Fiber	0.00 g	0%
Sugars	4.00 g	n/a
Protein	11.69 g	
Vitamin A - 15%	Vitamin C - 0%	
Calcium - 31%	Iron - 8%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 8%	Niacin - 8%	
Vitamin B6 - n/a	Folic Acid - 12%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	738.396 IU
Vitamin A	147.679 RE

Water Soluble Vitamins	
Thiamin B1	0.240 mg
Riboflavin B2	0.140 mg
Niacin B3	n/a
Niacin B3	1.600 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.000 mg
Folic Acid	48.000 mcg

Minerals	
Phosphorus	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	1.440 mg
Calcium	312.794 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

