

RECIPE ANALYSIS

Recipe Name : E-71
Serving Size : 1 sandwich

Recipe Desc : Gr. Chix Bagel w/Basil Mayo
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 955.70	Calories from Fat 508.19	
% Daily Value		
Total Fat	56.47 g	87%
Saturated	16.13 g	81%
PolyUnSat	0.75 g	n/a
MonoUnSat	2.71 g	n/a
Cholesterol	110.96 mg	37%
Sodium	1972.02 mg	82%
Potassium	339.95 mg	10%
Total Carbs	61.97 g	21%
Dietary Fiber	4.07 g	16%
Sugars	3.68 g	n/a
Protein	43.12 g	
Vitamin A - 30%	Vitamin C - 14%	
Calcium - 10%	Iron - 31%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 4%	Niacin - 36%	
Vitamin B6 - 17%	Folic Acid - 2%	
Vitamin B12 - 4%	Pantothenic Acid - 5%	
Phosphorous - 19%	Magnesium - 0%	
Zinc - 4%	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	0.189 mcg
Vitamin D	7.425 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	24.609 mcg
Vitamin A	1487.327 IU
Vitamin A	297.465 RE

Water Soluble Vitamins	
Thiamin B1	0.052 mg
Riboflavin B2	0.066 mg
Niacin B3	n/a
Niacin B3	7.166 mg
Pyridoxine B6	0.349 mg
Cobalamin B12	0.236 mcg
Pantothenic Acid	0.506 mg
Vitamin C	8.579 mg
Folic Acid	9.627 mcg

Minerals	
Phosphorus	190.183 mg
Zinc	0.674 mg
Magnesium	1.969 mg
Copper	0.004 mg
Selenium	0.079 mg
Iron	5.609 mg
Calcium	102.265 mg
Manganese	0.035 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

