

RECIPE ANALYSIS

Recipe Name : E-69
Serving Size : 1 sandwich

Recipe Desc : Gr. Chix Caesar Sandwich
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 713.85	Calories from Fat 271.74	
% Daily Value		
Total Fat	30.19 g	46%
Saturated	6.91 g	35%
PolyUnSat	1.08 g	n/a
MonoUnSat	4.01 g	n/a
Cholesterol	98.16 mg	33%
Sodium	1527.47 mg	64%
Potassium	322.38 mg	9%
Total Carbs	63.68 g	21%
Dietary Fiber	3.74 g	15%
Sugars	1.42 g	n/a
Protein	45.83 g	
Vitamin A - 6%	Vitamin C - 5%	
Calcium - 32%	Iron - 6%	
Vitamin E - n/a	Thiamin - 50%	
Riboflavin - 31%	Niacin - 95%	
Vitamin B6 - 32%	Folic Acid - 36%	
Vitamin B12 - 7%	Pantothenic Acid - 9%	
Phosphorous - 35%	Magnesium - 0%	
Zinc - 6%	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	0.354 mcg
Vitamin D	13.922 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	306.368 IU
Vitamin A	61.149 RE

Water Soluble Vitamins	
Thiamin B1	0.756 mg
Riboflavin B2	0.531 mg
Niacin B3	n/a
Niacin B3	18.909 mg
Pyridoxine B6	0.633 mg
Cobalamin B12	0.443 mcg
Pantothenic Acid	0.949 mg
Vitamin C	2.836 mg
Folic Acid	144.607 mcg

Minerals	
Phosphorus	349.211 mg
Zinc	0.937 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	1.152 mg
Calcium	319.695 mg
Manganese	0.000 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

