

RECIPE ANALYSIS

Recipe Name : E-20
Serving Size : 1 EACH

Recipe Desc : Grilled Ham & Cheese Sand.
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 788.28	Calories from Fat 440.96	
	% Daily Value	
Total Fat	49.00 g	75%
Saturated	26.77 g	134%
PolyUnSat	0.40 g	n/a
MonoUnSat	5.20 g	n/a
Cholesterol	141.14 mg	47%
Sodium	2965.30 mg	124%
Potassium	166.96 mg	5%
Total Carbs	56.00 g	19%
Dietary Fiber	0.00 g	0%
Sugars	8.00 g	n/a
Protein	32.50 g	
Vitamin A - 30%	Vitamin C - 0%	
Calcium - 63%	Iron - 18%	
Vitamin E - n/a	Thiamin - 32%	
Riboflavin - 16%	Niacin - 16%	
Vitamin B6 - n/a	Folic Acid - 24%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - n/a	Magnesium - 3%	
Zinc - 7%	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	1476.792 IU
Vitamin A	295.358 RE

Water Soluble Vitamins	
Thiamin B1	0.480 mg
Riboflavin B2	0.280 mg
Niacin B3	n/a
Niacin B3	3.200 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.000 mg
Folic Acid	96.000 mcg

Minerals	
Phosphorus	n/a
Zinc	1.012 mg
Magnesium	10.935 mg
Copper	n/a
Selenium	n/a
Iron	3.285 mg
Calcium	625.588 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

