

# RECIPE ANALYSIS

**Recipe Name :** E-23  
**Serving Size :** 1 sandwich

**Recipe Desc :** Gr. Portabella Mushroom Sand.  
**Prep Time :**

**Author :**  
**Cook Time :**

**Yield :** 24

<b>Nutrition Information</b>		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 511.54</b>	<b>Calories from Fat 206.44</b>	
% Daily Value		
<b>Total Fat</b>	<b>22.94 g</b>	<b>35%</b>
Saturated	6.91 g	35%
PolyUnSat	1.40 g	n/a
MonoUnSat	6.67 g	n/a
<b>Cholesterol</b>	<b>22.94 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>1143.57 mg</b>	<b>48%</b>
<b>Potassium</b>	<b>518.01 mg</b>	<b>15%</b>
<b>Total Carbs</b>	<b>55.23 g</b>	<b>18%</b>
Dietary Fiber	5.66 g	23%
Sugars	10.62 g	n/a
<b>Protein</b>	<b>21.92 g</b>	
Vitamin A - 129%	Vitamin C - 76%	
Calcium - 43%	Iron - 18%	
Vitamin E - n/a	Thiamin - 7%	
Riboflavin - 16%	Niacin - 2%	
Vitamin B6 - 7%	Folic Acid - 22%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 13%	
Zinc - 3%	Copper - 5%	
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	6464.573 IU
Vitamin A	801.515 RE

Water Soluble Vitamins	
Thiamin B1	0.098 mg
Riboflavin B2	0.265 mg
Niacin B3	n/a
Niacin B3	0.339 mg
Pyridoxine B6	0.147 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.087 mg
Vitamin C	45.570 mg
Folic Acid	87.480 mcg

Minerals	
Phosphorus	33.600 mg
Zinc	0.453 mg
Magnesium	52.200 mg
Copper	0.107 mg
Selenium	0.000 mg
Iron	3.182 mg
Calcium	425.418 mg
Manganese	0.560 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

