

RECIPE ANALYSIS

Recipe Name : E-29
Serving Size : 1 EACH

Recipe Desc : Grilled Reuben Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 462.64	Calories from Fat 220.63	
% Daily Value		
Total Fat	24.51 g	38%
Saturated	8.28 g	41%
PolyUnSat	6.44 g	n/a
MonoUnSat	1.77 g	n/a
Cholesterol	42.47 mg	14%
Sodium	1630.91 mg	68%
Potassium	136.27 mg	4%
Total Carbs	40.26 g	13%
Dietary Fiber	3.34 g	13%
Sugars	2.25 g	n/a
Protein	19.15 g	
Vitamin A - 11%	Vitamin C - 7%	
Calcium - 25%	Iron - 16%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 13%	Niacin - 13%	
Vitamin B6 - 2%	Folic Acid - 17%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 7%	Magnesium - 1%	
Zinc - 3%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	535.683 IU
Vitamin A	107.142 RE

Water Soluble Vitamins	
Thiamin B1	0.385 mg
Riboflavin B2	0.225 mg
Niacin B3	n/a
Niacin B3	2.505 mg
Pyridoxine B6	0.040 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.337 mg
Folic Acid	68.780 mcg

Minerals	
Phosphorus	65.020 mg
Zinc	0.426 mg
Magnesium	3.432 mg
Copper	0.000 mg
Selenium	n/a
Iron	2.967 mg
Calcium	250.928 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.