

RECIPE ANALYSIS

Recipe Name : E-06
Serving Size : 1 sandwich

Recipe Desc : Gr. Tomato Pesto Cheese Sand. Author :
Prep Time : Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 386.30	Calories from Fat 293.96	
	% Daily Value	
Total Fat	32.66 g	50%
Saturated	13.17 g	66%
PolyUnSat	1.65 g	n/a
MonoUnSat	9.02 g	n/a
Cholesterol	68.79 mg	23%
Sodium	529.32 mg	22%
Potassium	153.24 mg	4%
Total Carbs	10.57 g	4%
Dietary Fiber	0.79 g	3%
Sugars	5.65 g	n/a
Protein	16.12 g	
Vitamin A - 26%	Vitamin C - 19%	
Calcium - 44%	Iron - 3%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 0%	
Zinc - 0%	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	1321.013 IU
Vitamin A	264.203 RE

Water Soluble Vitamins	
Thiamin B1	0.000 mg
Riboflavin B2	0.000 mg
Niacin B3	n/a
Niacin B3	0.000 mg
Pyridoxine B6	n/a
Cobalamin B12	0.000 mcg
Pantothenic Acid	n/a
Vitamin C	11.487 mg
Folic Acid	n/a

Minerals	
Phosphorus	0.000 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	n/a
Selenium	0.000 mg
Iron	0.492 mg
Calcium	440.186 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

