

RECIPE ANALYSIS

Recipe Name : E-75
Serving Size : 1 sandwich

Recipe Desc : Gyro-Style Pork Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 456.89	Calories from Fat 240.05	
% Daily Value		
Total Fat	26.67 g	41%
Saturated	6.30 g	31%
PolyUnSat	2.20 g	n/a
MonoUnSat	9.72 g	n/a
Cholesterol	61.65 mg	21%
Sodium	796.26 mg	33%
Potassium	281.77 mg	8%
Total Carbs	31.69 g	11%
Dietary Fiber	2.66 g	11%
Sugars	7.55 g	n/a
Protein	24.16 g	
Vitamin A - 3%	Vitamin C - 26%	
Calcium - 11%	Iron - 15%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 9%	Niacin - 8%	
Vitamin B6 - 9%	Folic Acid - 17%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 5%	Magnesium - 5%	
Zinc - 2%	Copper - 2%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.035 alp
Vitamin K	15.169 mcg
Vitamin A	128.535 IU
Vitamin A	25.707 RE

Water Soluble Vitamins	
Thiamin B1	0.214 mg
Riboflavin B2	0.150 mg
Niacin B3	n/a
Niacin B3	1.591 mg
Pyridoxine B6	0.171 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.227 mg
Vitamin C	15.469 mg
Folic Acid	67.870 mcg

Minerals	
Phosphorus	50.631 mg
Zinc	0.338 mg
Magnesium	21.297 mg
Copper	0.035 mg
Selenium	n/a
Iron	2.637 mg
Calcium	106.397 mg
Manganese	0.189 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

