

RECIPE ANALYSIS

Recipe Name : E-74
Serving Size : 1 sandwich

Recipe Desc : Hacienda Turkey Wrap
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 591.23	Calories from Fat 222.21	
% Daily Value		
Total Fat	24.69 g	38%
Saturated	11.10 g	55%
PolyUnSat	2.40 g	n/a
MonoUnSat	7.33 g	n/a
Cholesterol	72.40 mg	24%
Sodium	1570.49 mg	65%
Potassium	398.26 mg	11%
Total Carbs	62.75 g	21%
Dietary Fiber	5.30 g	21%
Sugars	7.23 g	n/a
Protein	31.51 g	
Vitamin A - 26%	Vitamin C - 18%	
Calcium - 40%	Iron - 23%	
Vitamin E - n/a	Thiamin - 30%	
Riboflavin - 27%	Niacin - 20%	
Vitamin B6 - 5%	Folic Acid - 5%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 24%	Magnesium - 4%	
Zinc - 2%	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	0.130 alp
Vitamin K	17.400 mcg
Vitamin A	1324.599 IU
Vitamin A	247.511 RE

Water Soluble Vitamins	
Thiamin B1	0.446 mg
Riboflavin B2	0.462 mg
Niacin B3	0.080 NE
Niacin B3	3.970 mg
Pyridoxine B6	0.109 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.335 mg
Vitamin C	10.837 mg
Folic Acid	19.959 mcg

Minerals	
Phosphorus	241.459 mg
Zinc	0.230 mg
Magnesium	17.867 mg
Copper	0.094 mg
Selenium	0.100 mg
Iron	4.211 mg
Calcium	398.285 mg
Manganese	0.154 mg
Iodine	1.150 mcg

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

