

RECIPE ANALYSIS

Recipe Name : E-44

Recipe Desc : Herbed Baked Chix Sandwich

Author :

Yield : 50

Serving Size : 4z meat + 1 bun

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 4z meat + 1 bun		
Amount Per Serving		
Calories 310.28	Calories from Fat 78.23	
% Daily Value		
Total Fat	8.69 g	13%
Saturated	1.53 g	8%
PolyUnSat	1.54 g	n/a
MonoUnSat	3.45 g	n/a
Cholesterol	66.98 mg	22%
Sodium	324.17 mg	14%
Potassium	90.45 mg	3%
Total Carbs	28.90 g	10%
Dietary Fiber	1.49 g	6%
Sugars	4.97 g	n/a
Protein	29.93 g	
Vitamin A - 30%	Vitamin C - 12%	
Calcium - 10%	Iron - 12%	
Vitamin E - n/a	Thiamin - 16%	
Riboflavin - 9%	Niacin - 10%	
Vitamin B6 - 1%	Folic Acid - 10%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

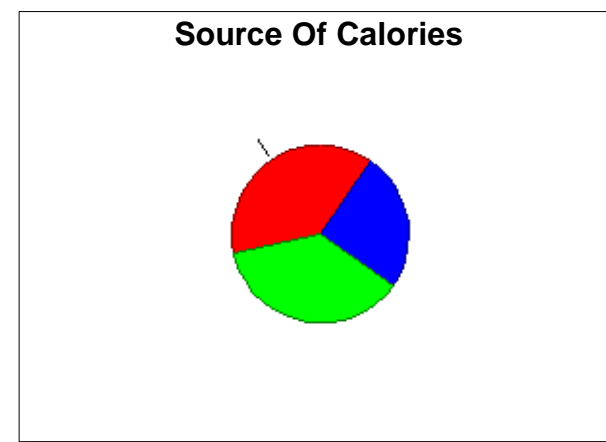
Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	31.500 mcg
Vitamin A	1490.948 IU
Vitamin A	298.188 RE

Water Soluble Vitamins	
Thiamin B1	0.245 mg
Riboflavin B2	0.155 mg
Niacin B3	n/a
Niacin B3	2.071 mg
Pyridoxine B6	0.015 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	7.210 mg
Folic Acid	39.056 mcg

Minerals	
Phosphorus	5.040 mg
Zinc	0.030 mg
Magnesium	2.520 mg
Copper	0.005 mg
Selenium	0.101 mg
Iron	2.247 mg
Calcium	97.092 mg
Manganese	0.045 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



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.