

RECIPE ANALYSIS

Recipe Name : E-49
Serving Size : 4 oz.

Recipe Desc : Honey Dijon Chicken Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4 oz.		
Amount Per Serving		
Calories 369.00	Calories from Fat 115.28	
% Daily Value		
Total Fat	12.81 g	20%
Saturated	3.01 g	15%
PolyUnSat	2.24 g	n/a
MonoUnSat	4.43 g	n/a
Cholesterol	72.32 mg	24%
Sodium	803.09 mg	33%
Potassium	264.28 mg	8%
Total Carbs	34.63 g	12%
Dietary Fiber	1.38 g	6%
Sugars	8.97 g	n/a
Protein	27.93 g	
Vitamin A - 2%	Vitamin C - 2%	
Calcium - 9%	Iron - 13%	
Vitamin E - n/a	Thiamin - 20%	
Riboflavin - 14%	Niacin - 66%	
Vitamin B6 - 29%	Folic Acid - 9%	
Vitamin B12 - 6%	Pantothenic Acid - n/a	
Phosphorous - 20%	Magnesium - 7%	
Zinc - 6%	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	93.790 IU
Vitamin A	18.760 RE

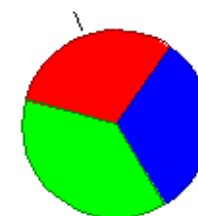
Water Soluble Vitamins	
Thiamin B1	0.300 mg
Riboflavin B2	0.230 mg
Niacin B3	n/a
Niacin B3	13.190 mg
Pyridoxine B6	0.590 mg
Cobalamin B12	0.380 mcg
Pantothenic Acid	n/a
Vitamin C	1.130 mg
Folic Acid	36.520 mcg

Minerals	
Phosphorus	196.620 mg
Zinc	0.900 mg
Magnesium	28.250 mg
Copper	n/a
Selenium	n/a
Iron	2.270 mg
Calcium	92.430 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



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.