

RECIPE ANALYSIS

Recipe Name : E-65
Serving Size : 1 sandwich

Recipe Desc : Honey Lime Pork Sandwich
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 630.90	Calories from Fat 175.29	
	% Daily Value	
Total Fat	19.48 g	30%
Saturated	6.08 g	30%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	91.12 mg	30%
Sodium	1373.69 mg	57%
Potassium	96.87 mg	3%
Total Carbs	74.14 g	25%
Dietary Fiber	3.48 g	14%
Sugars	10.20 g	n/a
Protein	39.90 g	
Vitamin A - 13%	Vitamin C - 21%	
Calcium - 11%	Iron - 10%	
Vitamin E - n/a	Thiamin - 46%	
Riboflavin - 26%	Niacin - 30%	
Vitamin B6 - 1%	Folic Acid - 36%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	12.305 mcg
Vitamin A	671.047 IU
Vitamin A	133.958 RE

Water Soluble Vitamins	
Thiamin B1	0.693 mg
Riboflavin B2	0.440 mg
Niacin B3	n/a
Niacin B3	6.076 mg
Pyridoxine B6	0.017 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.056 mg
Vitamin C	12.629 mg
Folic Acid	144.815 mcg

Minerals	
Phosphorus	6.491 mg
Zinc	0.038 mg
Magnesium	2.492 mg
Copper	0.017 mg
Selenium	0.039 mg
Iron	1.755 mg
Calcium	111.587 mg
Manganese	0.021 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

