

RECIPE ANALYSIS

Recipe Name : E-32
Serving Size : 1 sandwich

Recipe Desc : Hot Roast Beef Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 389.83	Calories from Fat 105.22	
% Daily Value		
Total Fat	11.69 g	18%
Saturated	3.63 g	18%
PolyUnSat	1.13 g	n/a
MonoUnSat	2.02 g	n/a
Cholesterol	35.70 mg	12%
Sodium	2208.23 mg	92%
Potassium	258.29 mg	7%
Total Carbs	50.56 g	17%
Dietary Fiber	2.17 g	9%
Sugars	5.54 g	n/a
Protein	20.72 g	
Vitamin A - 3%	Vitamin C - 6%	
Calcium - 6%	Iron - 16%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 14%	Niacin - 15%	
Vitamin B6 - 0%	Folic Acid - 15%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 10%	Magnesium - 0%	
Zinc - 2%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	144.327 IU
Vitamin A	28.865 RE

Water Soluble Vitamins	
Thiamin B1	0.393 mg
Riboflavin B2	0.232 mg
Niacin B3	n/a
Niacin B3	3.071 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	3.711 mg
Folic Acid	60.640 mcg

Minerals	
Phosphorus	95.101 mg
Zinc	0.230 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	2.923 mg
Calcium	60.383 mg
Manganese	0.000 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

