

# RECIPE ANALYSIS

Recipe Name : E-15  
Serving Size : 1 EACH

Recipe Desc : Hot Turkey Croissant  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
<b>Calories 1911.57</b>	<b>Calories from Fat 1281.15</b>	
	% Daily Value	
<b>Total Fat</b>	<b>142.35 g</b>	<b>219%</b>
Saturated	84.45 g	422%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
<b>Cholesterol</b>	<b>349.78 mg</b>	<b>117%</b>
<b>Sodium</b>	<b>7101.56 mg</b>	<b>296%</b>
<b>Potassium</b>	<b>0.15 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>44.85 g</b>	<b>15%</b>
Dietary Fiber	1.48 g	6%
Sugars	13.34 g	n/a
<b>Protein</b>	<b>113.15 g</b>	
Vitamin A - 65%	Vitamin C - 0%	
Calcium - 329%	Iron - 11%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 0%	
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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	3240.000 IU
Vitamin A	648.000 RE

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

Minerals	
Phosphorus	0.233 mg
Zinc	0.015 mg
Magnesium	0.335 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.994 mg
Calcium	3289.666 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

