

RECIPE ANALYSIS

Recipe Name : E-16

Recipe Desc : Hot Turkey Sandwich

Author :

Yield : 50

Serving Size : 1 sand w/potato

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1 sand w/potato		
Amount Per Serving		
Calories 364.46	Calories from Fat 81.02	
% Daily Value		
Total Fat	9.00 g	14%
Saturated	1.74 g	9%
PolyUnSat	1.32 g	n/a
MonoUnSat	2.36 g	n/a
Cholesterol	44.11 mg	15%
Sodium	1552.33 mg	65%
Potassium	325.90 mg	9%
Total Carbs	46.87 g	16%
Dietary Fiber	2.41 g	10%
Sugars	3.94 g	n/a
Protein	23.48 g	
Vitamin A - 6%	Vitamin C - 6%	
Calcium - 7%	Iron - 14%	
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	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	296.044 IU
Vitamin A	59.212 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	3.727 mg
Folic Acid	60.640 mcg

Minerals	
Phosphorus	95.101 mg
Zinc	0.230 mg
Magnesium	0.227 mg
Copper	0.000 mg
Selenium	n/a
Iron	2.609 mg
Calcium	68.402 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.