

# RECIPE ANALYSIS

**Recipe Name :** E-16  
**Serving Size :** 1 sand w/potato

**Recipe Desc :** Hot Turkey Sandwich  
**Prep Time :**

**Author :**  
**Cook Time :**

**Yield :** 50

<b>Nutrition Information</b>		
Serving Size: 1 sand w/potato		
Amount Per Serving		
<b>Calories 364.46</b>	<b>Calories from Fat 81.02</b>	
% Daily Value		
<b>Total Fat</b>	<b>9.00 g</b>	<b>14%</b>
Saturated	1.74 g	9%
PolyUnSat	1.32 g	n/a
MonoUnSat	2.36 g	n/a
<b>Cholesterol</b>	<b>44.11 mg</b>	<b>15%</b>
<b>Sodium</b>	<b>1552.33 mg</b>	<b>65%</b>
<b>Potassium</b>	<b>325.90 mg</b>	<b>9%</b>
<b>Total Carbs</b>	<b>46.87 g</b>	<b>16%</b>
Dietary Fiber	2.41 g	10%
Sugars	3.94 g	n/a
<b>Protein</b>	<b>23.48 g</b>	
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**

