

RECIPE ANALYSIS

Recipe Name : E-18

Recipe Desc : Italian Meatball Sandwich

Author :

Yield : 24

Serving Size : 1 sand=4oz meat

Prep Time :

Cook Time :

Nutrition Information		
Serving Size: 1 sand=4oz meat		
Amount Per Serving		
Calories 557.01	Calories from Fat 200.06	
% Daily Value		
Total Fat	22.23 g	34%
Saturated	8.56 g	43%
PolyUnSat	0.67 g	n/a
MonoUnSat	0.80 g	n/a
Cholesterol	81.00 mg	27%
Sodium	1423.30 mg	59%
Potassium	289.65 mg	8%
Total Carbs	62.13 g	21%
Dietary Fiber	7.04 g	28%
Sugars	2.81 g	n/a
Protein	27.95 g	
Vitamin A - 9%	Vitamin C - 33%	
Calcium - 18%	Iron - 26%	
Vitamin E - n/a	Thiamin - 29%	
Riboflavin - 20%	Niacin - 19%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 8%	Magnesium - 1%	
Zinc - 48%	Copper - 6%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.071 mcg
Vitamin A	456.438 IU
Vitamin A	91.288 RE

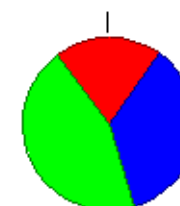
Water Soluble Vitamins	
Thiamin B1	0.439 mg
Riboflavin B2	0.335 mg
Niacin B3	n/a
Niacin B3	3.885 mg
Pyridoxine B6	0.048 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.140 mg
Vitamin C	19.595 mg
Folic Acid	0.160 mcg

Minerals	
Phosphorus	82.019 mg
Zinc	7.183 mg
Magnesium	4.160 mg
Copper	0.120 mg
Selenium	n/a
Iron	4.600 mg
Calcium	179.739 mg
Manganese	0.025 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



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.