

RECIPE ANALYSIS

Recipe Name : ??
Serving Size : 1 EACH

Recipe Desc : Italian Pesto Club Sandwich
Prep Time :

Author :
Cook Time :

Yield : 1

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 1008.62	Calories from Fat 455.17	
% Daily Value		
Total Fat	50.57 g	78%
Saturated	16.71 g	84%
PolyUnSat	3.09 g	n/a
MonoUnSat	18.03 g	n/a
Cholesterol	110.34 mg	37%
Sodium	2657.37 mg	111%
Potassium	109.18 mg	3%
Total Carbs	65.78 g	22%
Dietary Fiber	1.34 g	5%
Sugars	0.96 g	n/a
Protein	71.13 g	
Vitamin A - 11%	Vitamin C - 4%	
Calcium - 48%	Iron - 11%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 0%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 3%	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	n/a
Vitamin D	0.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	560.181 IU
Vitamin A	112.036 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	n/a
Vitamin C	2.400 mg
Folic Acid	0.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	0.448 mg
Magnesium	3.584 mg
Copper	0.000 mg
Selenium	n/a
Iron	1.915 mg
Calcium	484.840 mg
Manganese	n/a
Iodine	0.000 mcg

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

