

RECIPE ANALYSIS

Recipe Name : E-30
Serving Size : 1 EACH

Recipe Desc : Italian Sausage Sandwich
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 433.90	Calories from Fat 232.38	
% Daily Value		
Total Fat	25.82 g	40%
Saturated	8.40 g	42%
PolyUnSat	0.73 g	n/a
MonoUnSat	1.01 g	n/a
Cholesterol	59.94 mg	20%
Sodium	1071.19 mg	45%
Potassium	215.14 mg	6%
Total Carbs	32.55 g	11%
Dietary Fiber	2.12 g	8%
Sugars	3.75 g	n/a
Protein	17.54 g	
Vitamin A - 9%	Vitamin C - 32%	
Calcium - 6%	Iron - 13%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 14%	Niacin - 14%	
Vitamin B6 - 5%	Folic Acid - 15%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 8%	Magnesium - 2%	
Zinc - 5%	Copper - 3%	
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	0.213 mcg
Vitamin D	8.512 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.266 alp
Vitamin K	0.059 mcg
Vitamin A	455.535 IU
Vitamin A	91.103 RE

Water Soluble Vitamins	
Thiamin B1	0.332 mg
Riboflavin B2	0.238 mg
Niacin B3	0.000 NE
Niacin B3	2.833 mg
Pyridoxine B6	0.090 mg
Cobalamin B12	0.005 mcg
Pantothenic Acid	0.213 mg
Vitamin C	19.179 mg
Folic Acid	58.590 mcg

Minerals	
Phosphorus	77.884 mg
Zinc	0.798 mg
Magnesium	7.774 mg
Copper	0.063 mg
Selenium	0.992 mg
Iron	2.416 mg
Calcium	64.618 mg
Manganese	0.076 mg
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

