

RECIPE ANALYSIS

Recipe Name : E-48
Serving Size : 1 sandwich

Recipe Desc : Monte Cristo
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 633.75	Calories from Fat 226.23	
	% Daily Value	
Total Fat	25.14 g	39%
Saturated	14.36 g	72%
PolyUnSat	0.81 g	n/a
MonoUnSat	2.31 g	n/a
Cholesterol	207.38 mg	69%
Sodium	2243.02 mg	93%
Potassium	113.72 mg	3%
Total Carbs	61.86 g	21%
Dietary Fiber	1.86 g	7%
Sugars	7.74 g	n/a
Protein	37.71 g	
Vitamin A - 17%	Vitamin C - 0%	
Calcium - 42%	Iron - 23%	
Vitamin E - n/a	Thiamin - 39%	
Riboflavin - 29%	Niacin - 21%	
Vitamin B6 - 2%	Folic Acid - 34%	
Vitamin B12 - 5%	Pantothenic Acid - 4%	
Phosphorous - 13%	Magnesium - 1%	
Zinc - 5%	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	0.390 mcg
Vitamin D	19.600 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	860.631 IU
Vitamin A	172.126 RE

Water Soluble Vitamins	
Thiamin B1	0.578 mg
Riboflavin B2	0.490 mg
Niacin B3	n/a
Niacin B3	4.104 mg
Pyridoxine B6	0.042 mg
Cobalamin B12	0.300 mcg
Pantothenic Acid	0.378 mg
Vitamin C	0.096 mg
Folic Acid	135.380 mcg

Minerals	
Phosphorus	128.140 mg
Zinc	0.790 mg
Magnesium	3.000 mg
Copper	0.006 mg
Selenium	9.240 mg
Iron	4.057 mg
Calcium	424.951 mg
Manganese	0.006 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

