

# RECIPE ANALYSIS

Recipe Name : E-31  
Serving Size : 3" cut

Recipe Desc : Open Face Hot Ham & Swiss  
Prep Time :

Author :  
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 3" cut		
Amount Per Serving		
<b>Calories 428.70</b>	<b>Calories from Fat 136.54</b>	
% Daily Value		
<b>Total Fat</b>	<b>15.17 g</b>	<b>23%</b>
Saturated	5.08 g	25%
PolyUnSat	2.40 g	n/a
MonoUnSat	0.10 g	n/a
<b>Cholesterol</b>	<b>35.44 mg</b>	<b>12%</b>
<b>Sodium</b>	<b>1401.70 mg</b>	<b>58%</b>
<b>Potassium</b>	<b>89.88 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>53.55 g</b>	<b>18%</b>
Dietary Fiber	2.13 g	9%
Sugars	0.69 g	n/a
<b>Protein</b>	<b>18.70 g</b>	
Vitamin A - 9%	Vitamin C - 0%	
Calcium - 16%	Iron - 20%	
Vitamin E - n/a	Thiamin - 41%	
Riboflavin - 22%	Niacin - 22%	
Vitamin B6 - 2%	Folic Acid - 31%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 8%	Magnesium - 0%	
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	0.000 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	440.670 IU
Vitamin A	88.130 RE

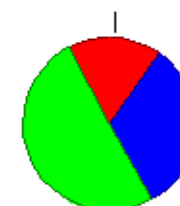
Water Soluble Vitamins	
Thiamin B1	0.620 mg
Riboflavin B2	0.380 mg
Niacin B3	n/a
Niacin B3	4.340 mg
Pyridoxine B6	0.040 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.237 mg
Folic Acid	123.740 mcg

Minerals	
Phosphorus	80.260 mg
Zinc	0.760 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	n/a
Iron	3.618 mg
Calcium	158.730 mg
Manganese	0.000 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.