

RECIPE ANALYSIS

Recipe Name : E-9
Serving Size : 1 EACH

Recipe Desc : Pattie Melt Sandwich
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 557.13	Calories from Fat 286.71	
	% Daily Value	
Total Fat	31.86 g	49%
Saturated	13.72 g	69%
PolyUnSat	2.89 g	n/a
MonoUnSat	7.72 g	n/a
Cholesterol	71.32 mg	24%
Sodium	1055.83 mg	44%
Potassium	342.32 mg	10%
Total Carbs	41.16 g	14%
Dietary Fiber	3.00 g	12%
Sugars	2.45 g	n/a
Protein	25.29 g	
Vitamin A - 11%	Vitamin C - 3%	
Calcium - 25%	Iron - 19%	
Vitamin E - n/a	Thiamin - 31%	
Riboflavin - 20%	Niacin - 24%	
Vitamin B6 - 18%	Folic Acid - 18%	
Vitamin B12 - 36%	Pantothenic Acid - 0%	
Phosphorous - 20%	Magnesium - 4%	
Zinc - 21%	Copper - 2%	
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	0.180 mcg
Vitamin D	7.132 IU
Vitamin E	0.000 mg
Vitamin E	0.759 IU
Vitamin E	0.509 alp
Vitamin K	0.089 mcg
Vitamin A	544.723 IU
Vitamin A	108.949 RE

Water Soluble Vitamins	
Thiamin B1	0.462 mg
Riboflavin B2	0.346 mg
Niacin B3	n/a
Niacin B3	4.876 mg
Pyridoxine B6	0.365 mg
Cobalamin B12	2.167 mcg
Pantothenic Acid	0.000 mg
Vitamin C	1.566 mg
Folic Acid	73.424 mcg

Minerals	
Phosphorus	195.365 mg
Zinc	3.155 mg
Magnesium	15.926 mg
Copper	0.050 mg
Selenium	10.577 mg
Iron	3.453 mg
Calcium	252.882 mg
Manganese	0.041 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

