

RECIPE ANALYSIS

Recipe Name : E-35
Serving Size : 1 sandwich

Recipe Desc : Perfect Pita
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 408.13	Calories from Fat 63.43	
% Daily Value		
Total Fat	7.05 g	11%
Saturated	0.99 g	5%
PolyUnSat	0.69 g	n/a
MonoUnSat	0.50 g	n/a
Cholesterol	47.02 mg	16%
Sodium	1201.27 mg	50%
Potassium	487.08 mg	14%
Total Carbs	59.55 g	20%
Dietary Fiber	5.52 g	22%
Sugars	6.59 g	n/a
Protein	28.92 g	
Vitamin A - 11%	Vitamin C - 10%	
Calcium - 11%	Iron - 19%	
Vitamin E - n/a	Thiamin - 25%	
Riboflavin - 19%	Niacin - 17%	
Vitamin B6 - 6%	Folic Acid - 44%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 9%	Magnesium - 10%	
Zinc - 3%	Copper - 9%	
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	8.623 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	n/a
Vitamin K	31.905 mcg
Vitamin A	564.590 IU
Vitamin A	112.915 RE

Water Soluble Vitamins	
Thiamin B1	0.381 mg
Riboflavin B2	0.318 mg
Niacin B3	n/a
Niacin B3	3.391 mg
Pyridoxine B6	0.120 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.013 mg
Vitamin C	6.032 mg
Folic Acid	176.933 mcg

Minerals	
Phosphorus	85.600 mg
Zinc	0.445 mg
Magnesium	39.558 mg
Copper	0.179 mg
Selenium	0.431 mg
Iron	3.366 mg
Calcium	106.144 mg
Manganese	0.547 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

