

# RECIPE ANALYSIS

Recipe Name : E-04  
Serving Size : 1 sandwich

Recipe Desc : Pesto Grilled Chix Wrap  
Prep Time :

Author :  
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 488.17</b>	<b>Calories from Fat 174.11</b>	
% Daily Value		
<b>Total Fat</b>	<b>19.35 g</b>	<b>30%</b>
Saturated	5.76 g	29%
PolyUnSat	7.02 g	n/a
MonoUnSat	2.85 g	n/a
<b>Cholesterol</b>	<b>51.95 mg</b>	<b>17%</b>
<b>Sodium</b>	<b>885.04 mg</b>	<b>37%</b>
<b>Potassium</b>	<b>169.82 mg</b>	<b>5%</b>
<b>Total Carbs</b>	<b>51.65 g</b>	<b>17%</b>
Dietary Fiber	2.40 g	10%
Sugars	4.13 g	n/a
<b>Protein</b>	<b>27.73 g</b>	
Vitamin A - 35%	Vitamin C - 19%	
Calcium - 27%	Iron - 19%	
Vitamin E - n/a	Thiamin - 28%	
Riboflavin - 21%	Niacin - 17%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	32.812 mcg
Vitamin A	1772.781 IU
Vitamin A	354.554 RE

Water Soluble Vitamins	
Thiamin B1	0.414 mg
Riboflavin B2	0.359 mg
Niacin B3	n/a
Niacin B3	3.408 mg
Pyridoxine B6	0.016 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	11.336 mg
Folic Acid	9.760 mcg

Minerals	
Phosphorus	12.500 mg
Zinc	0.032 mg
Magnesium	4.435 mg
Copper	0.015 mg
Selenium	0.105 mg
Iron	3.373 mg
Calcium	274.556 mg
Manganese	0.047 mg
Iodine	1.150 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



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.