

# RECIPE ANALYSIS

Recipe Name : E-10

Recipe Desc : Philly Steak Sandwich

Author :

Yield : 24

Serving Size : 1sand.=4oz.meat

Prep Time :

Cook Time :

<b>Nutrition Information</b>		
Serving Size: 1sand.=4oz.meat		
Amount Per Serving		
<b>Calories 498.18</b>	<b>Calories from Fat 118.35</b>	
% Daily Value		
<b>Total Fat</b>	<b>13.15 g</b>	<b>20%</b>
Saturated	5.80 g	29%
PolyUnSat	0.31 g	n/a
MonoUnSat	0.64 g	n/a
<b>Cholesterol</b>	<b>80.27 mg</b>	<b>27%</b>
<b>Sodium</b>	<b>1066.61 mg</b>	<b>44%</b>
<b>Potassium</b>	<b>133.86 mg</b>	<b>4%</b>
<b>Total Carbs</b>	<b>52.80 g</b>	<b>18%</b>
Dietary Fiber	2.46 g	10%
Sugars	1.32 g	n/a
<b>Protein</b>	<b>38.83 g</b>	
Vitamin A - 5%	Vitamin C - 33%	
Calcium - 21%	Iron - 17%	
Vitamin E - n/a	Thiamin - 29%	
Riboflavin - 20%	Niacin - 19%	
Vitamin B6 - 2%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 8%	Magnesium - 1%	
Zinc - 4%	Copper - 6%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

<b>Fat Soluble Vitamins</b>	
Vitamin D	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.071 mcg
Vitamin A	240.438 IU
Vitamin A	48.088 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.439 mg
Riboflavin B2	0.335 mg
Niacin B3	n/a
Niacin B3	3.885 mg
Pyridoxine B6	0.048 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.140 mg
Vitamin C	19.595 mg
Folic Acid	0.160 mcg

<b>Minerals</b>	
Phosphorus	82.019 mg
Zinc	0.541 mg
Magnesium	4.160 mg
Copper	0.120 mg
Selenium	n/a
Iron	3.142 mg
Calcium	206.739 mg
Manganese	0.025 mg
Iodine	n/a

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

