

# RECIPE ANALYSIS

Recipe Name : E-53  
Serving Size : 1 sandwich

Recipe Desc : Portabella Panini  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 894.81</b>	<b>Calories from Fat 603.56</b>	
	% Daily Value	
<b>Total Fat</b>	<b>67.06 g</b>	<b>103%</b>
Saturated	13.66 g	68%
PolyUnSat	8.22 g	n/a
MonoUnSat	40.44 g	n/a
<b>Cholesterol</b>	<b>22.83 mg</b>	<b>8%</b>
<b>Sodium</b>	<b>1319.84 mg</b>	<b>55%</b>
<b>Potassium</b>	<b>477.70 mg</b>	<b>14%</b>
<b>Total Carbs</b>	<b>60.74 g</b>	<b>20%</b>
Dietary Fiber	5.15 g	21%
Sugars	29.45 g	n/a
<b>Protein</b>	<b>20.46 g</b>	
Vitamin A - 29%	Vitamin C - 57%	
Calcium - 39%	Iron - 17%	
Vitamin E - n/a	Thiamin - 36%	
Riboflavin - 26%	Niacin - 17%	
Vitamin B6 - 1%	Folic Acid - 20%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 6%	Magnesium - 0%	
Zinc - 2%	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	1462.564 IU
Vitamin A	292.513 RE

Water Soluble Vitamins	
Thiamin B1	0.542 mg
Riboflavin B2	0.440 mg
Niacin B3	n/a
Niacin B3	3.331 mg
Pyridoxine B6	0.020 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	34.020 mg
Folic Acid	79.020 mcg

Minerals	
Phosphorus	60.080 mg
Zinc	0.300 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	3.003 mg
Calcium	386.894 mg
Manganese	0.000 mg
Iodine	0.000 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

