

RECIPE ANALYSIS

Recipe Name : E-57
Serving Size : 1/2 sandwich

Recipe Desc : Ranch Garden Stir-Fry Wrap
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 sandwich		
Amount Per Serving		
Calories 397.62	Calories from Fat 74.56	
% Daily Value		
Total Fat	8.28 g	13%
Saturated	1.40 g	7%
PolyUnSat	0.81 g	n/a
MonoUnSat	0.42 g	n/a
Cholesterol	35.57 mg	12%
Sodium	542.62 mg	23%
Potassium	171.76 mg	5%
Total Carbs	60.05 g	20%
Dietary Fiber	2.94 g	12%
Sugars	4.52 g	n/a
Protein	20.72 g	
Vitamin A - 18%	Vitamin C - 81%	
Calcium - 8%	Iron - 18%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 10%	Niacin - 10%	
Vitamin B6 - 5%	Folic Acid - 22%	
Vitamin B12 - 0%	Pantothenic Acid - 2%	
Phosphorous - 3%	Magnesium - 3%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	74.577 mcg
Vitamin A	912.742 IU
Vitamin A	182.547 RE

Water Soluble Vitamins	
Thiamin B1	0.397 mg
Riboflavin B2	0.175 mg
Niacin B3	n/a
Niacin B3	1.904 mg
Pyridoxine B6	0.109 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.206 mg
Vitamin C	48.687 mg
Folic Acid	86.969 mcg

Minerals	
Phosphorus	34.889 mg
Zinc	0.059 mg
Magnesium	12.699 mg
Copper	0.020 mg
Selenium	0.000 mg
Iron	3.178 mg
Calcium	75.657 mg
Manganese	0.129 mg
Iodine	0.575 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

