

# RECIPE ANALYSIS

Recipe Name : E-56  
Serving Size : 1 Sandwich

Recipe Desc : Red, White & Blue Steak Sand.  
Prep Time :

Author :  
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 Sandwich		
Amount Per Serving		
<b>Calories 1407.19</b>	<b>Calories from Fat 447.40</b>	
% Daily Value		
<b>Total Fat</b>	<b>49.71 g</b>	<b>76%</b>
Saturated	18.65 g	93%
PolyUnSat	3.23 g	n/a
MonoUnSat	20.96 g	n/a
<b>Cholesterol</b>	<b>193.02 mg</b>	<b>64%</b>
<b>Sodium</b>	<b>2783.51 mg</b>	<b>116%</b>
<b>Potassium</b>	<b>417.20 mg</b>	<b>12%</b>
<b>Total Carbs</b>	<b>156.68 g</b>	<b>52%</b>
Dietary Fiber	8.33 g	33%
Sugars	4.80 g	n/a
<b>Protein</b>	<b>91.54 g</b>	
Vitamin A - 61%	Vitamin C - 35%	
Calcium - 44%	Iron - 45%	
Vitamin E - n/a	Thiamin - 135%	
Riboflavin - 129%	Niacin - 88%	
Vitamin B6 - 7%	Folic Acid - 92%	
Vitamin B12 - 1%	Pantothenic Acid - 14%	
Phosphorous - 29%	Magnesium - 3%	
Zinc - 66%	Copper - 15%	
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	1.664 mcg
Vitamin D	66.723 IU
Vitamin E	n/a
Vitamin E	0.009 IU
Vitamin E	n/a
Vitamin K	0.091 mcg
Vitamin A	3033.092 IU
Vitamin A	481.234 RE

Water Soluble Vitamins	
Thiamin B1	2.018 mg
Riboflavin B2	2.188 mg
Niacin B3	n/a
Niacin B3	17.559 mg
Pyridoxine B6	0.131 mg
Cobalamin B12	0.037 mcg
Pantothenic Acid	1.365 mg
Vitamin C	21.092 mg
Folic Acid	367.920 mcg

Minerals	
Phosphorus	290.243 mg
Zinc	9.968 mg
Magnesium	10.001 mg
Copper	0.294 mg
Selenium	7.810 mg
Iron	8.033 mg
Calcium	435.582 mg
Manganese	0.067 mg
Iodine	49.000 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**

