

RECIPE ANALYSIS

Recipe Name : E-68
Serving Size : 1 sandwich

Recipe Desc : Route 66 BBQ Sandwich
Prep Time :

Author :
Cook Time :

Yield : 36

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 453.94	Calories from Fat 146.56	
% Daily Value		
Total Fat	16.28 g	25%
Saturated	5.41 g	27%
PolyUnSat	1.67 g	n/a
MonoUnSat	6.22 g	n/a
Cholesterol	64.12 mg	21%
Sodium	594.11 mg	25%
Potassium	466.99 mg	13%
Total Carbs	57.19 g	19%
Dietary Fiber	2.80 g	11%
Sugars	30.34 g	n/a
Protein	20.35 g	
Vitamin A - 38%	Vitamin C - 37%	
Calcium - 12%	Iron - 15%	
Vitamin E - n/a	Thiamin - 18%	
Riboflavin - 11%	Niacin - 11%	
Vitamin B6 - 1%	Folic Acid - 14%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 7%	
Zinc - 16%	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	n/a
Vitamin D	n/a
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	82.676 mcg
Vitamin A	1885.728 IU
Vitamin A	377.148 RE

Water Soluble Vitamins	
Thiamin B1	0.273 mg
Riboflavin B2	0.194 mg
Niacin B3	n/a
Niacin B3	2.287 mg
Pyridoxine B6	0.028 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.095 mg
Vitamin C	21.935 mg
Folic Acid	57.282 mcg

Minerals	
Phosphorus	20.880 mg
Zinc	2.349 mg
Magnesium	26.687 mg
Copper	0.000 mg
Selenium	n/a
Iron	2.730 mg
Calcium	122.389 mg
Manganese	0.126 mg
Iodine	n/a

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

