

RECIPE ANALYSIS

Recipe Name : E-36
Serving Size : 1 sandwich

Recipe Desc : Rugby Club
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 838.62	Calories from Fat 379.93	
	% Daily Value	
Total Fat	42.21 g	65%
Saturated	17.54 g	88%
PolyUnSat	2.13 g	n/a
MonoUnSat	1.02 g	n/a
Cholesterol	105.92 mg	35%
Sodium	2511.11 mg	105%
Potassium	347.42 mg	10%
Total Carbs	61.23 g	20%
Dietary Fiber	5.22 g	21%
Sugars	7.03 g	n/a
Protein	42.72 g	
Vitamin A - 22%	Vitamin C - 16%	
Calcium - 26%	Iron - 21%	
Vitamin E - n/a	Thiamin - 38%	
Riboflavin - 18%	Niacin - 18%	
Vitamin B6 - 6%	Folic Acid - 29%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 13%	Magnesium - 0%	
Zinc - 5%	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	0.000 IU
Vitamin E	n/a
Vitamin K	11.812 mcg
Vitamin A	1120.675 IU
Vitamin A	224.131 RE

Water Soluble Vitamins	
Thiamin B1	0.566 mg
Riboflavin B2	0.306 mg
Niacin B3	n/a
Niacin B3	3.586 mg
Pyridoxine B6	0.126 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	9.414 mg
Folic Acid	114.866 mcg

Minerals	
Phosphorus	127.550 mg
Zinc	0.771 mg
Magnesium	0.945 mg
Copper	0.002 mg
Selenium	0.038 mg
Iron	3.741 mg
Calcium	261.157 mg
Manganese	0.017 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

