

RECIPE ANALYSIS

Recipe Name : E-66
Serving Size : 1 sandwich

Recipe Desc : Salvatore's Special
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 721.52	Calories from Fat 309.58	
% Daily Value		
Total Fat	34.40 g	53%
Saturated	12.80 g	64%
PolyUnSat	3.02 g	n/a
MonoUnSat	10.00 g	n/a
Cholesterol	45.93 mg	15%
Sodium	1474.37 mg	61%
Potassium	435.26 mg	12%
Total Carbs	73.09 g	24%
Dietary Fiber	4.28 g	17%
Sugars	5.96 g	n/a
Protein	34.21 g	
Vitamin A - 90%	Vitamin C - 85%	
Calcium - 85%	Iron - 24%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 24%	Niacin - 7%	
Vitamin B6 - 1%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	49.219 mcg
Vitamin A	4478.410 IU
Vitamin A	895.682 RE

Water Soluble Vitamins	
Thiamin B1	0.230 mg
Riboflavin B2	0.404 mg
Niacin B3	n/a
Niacin B3	1.377 mg
Pyridoxine B6	0.024 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	50.929 mg
Folic Acid	13.698 mcg

Minerals	
Phosphorus	7.875 mg
Zinc	0.315 mg
Magnesium	3.938 mg
Copper	0.008 mg
Selenium	0.157 mg
Iron	4.362 mg
Calcium	851.234 mg
Manganese	0.071 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

