

# RECIPE ANALYSIS

Recipe Name : E-58  
Serving Size : 1 sandwich

Recipe Desc : Santa Fe Beef Wrap  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
<b>Calories 979.87</b>	<b>Calories from Fat 205.67</b>	
% Daily Value		
<b>Total Fat</b>	<b>22.85 g</b>	<b>35%</b>
Saturated	9.80 g	49%
PolyUnSat	0.51 g	n/a
MonoUnSat	0.17 g	n/a
<b>Cholesterol</b>	<b>70.74 mg</b>	<b>24%</b>
<b>Sodium</b>	<b>3140.66 mg</b>	<b>131%</b>
<b>Potassium</b>	<b>284.86 mg</b>	<b>8%</b>
<b>Total Carbs</b>	<b>151.95 g</b>	<b>51%</b>
Dietary Fiber	14.00 g	56%
Sugars	9.38 g	n/a
<b>Protein</b>	<b>43.54 g</b>	
Vitamin A - 47%	Vitamin C - 67%	
Calcium - 40%	Iron - 61%	
Vitamin E - n/a	Thiamin - 63%	
Riboflavin - 20%	Niacin - 18%	
Vitamin B6 - 1%	Folic Acid - 60%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 2%	Magnesium - 0%	
Zinc - 1%	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	n/a
Vitamin E	0.000 alp
Vitamin K	0.051 mcg
Vitamin A	2355.787 IU
Vitamin A	471.156 RE

Water Soluble Vitamins	
Thiamin B1	0.952 mg
Riboflavin B2	0.346 mg
Niacin B3	n/a
Niacin B3	3.645 mg
Pyridoxine B6	0.020 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	40.214 mg
Folic Acid	238.494 mcg

Minerals	
Phosphorus	24.179 mg
Zinc	0.090 mg
Magnesium	1.571 mg
Copper	0.000 mg
Selenium	n/a
Iron	10.941 mg
Calcium	403.696 mg
Manganese	0.018 mg
Iodine	0.655 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**

