

# RECIPE ANALYSIS

Recipe Name : E-59  
Serving Size : 1/2 sandwich

Recipe Desc : Santa Fe Chicken Wrap Sandwich Author :  
Prep Time : Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 sandwich		
Amount Per Serving		
<b>Calories 367.54</b>	<b>Calories from Fat 135.01</b>	
% Daily Value		
<b>Total Fat</b>	<b>15.00 g</b>	<b>23%</b>
Saturated	7.96 g	40%
PolyUnSat	0.28 g	n/a
MonoUnSat	2.49 g	n/a
<b>Cholesterol</b>	<b>68.61 mg</b>	<b>23%</b>
<b>Sodium</b>	<b>1258.25 mg</b>	<b>52%</b>
<b>Potassium</b>	<b>121.40 mg</b>	<b>3%</b>
<b>Total Carbs</b>	<b>35.08 g</b>	<b>12%</b>
Dietary Fiber	3.64 g	15%
Sugars	4.16 g	n/a
<b>Protein</b>	<b>24.07 g</b>	
Vitamin A - 28%	Vitamin C - 24%	
Calcium - 28%	Iron - 15%	
Vitamin E - n/a	Thiamin - 14%	
Riboflavin - 8%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 22%	
Vitamin B12 - 4%	Pantothenic Acid - 1%	
Phosphorous - 14%	Magnesium - 2%	
Zinc - 6%	Copper - 1%	
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	0.000 alp
Vitamin K	0.051 mcg
Vitamin A	1421.152 IU
Vitamin A	302.123 RE

Water Soluble Vitamins	
Thiamin B1	0.206 mg
Riboflavin B2	0.141 mg
Niacin B3	0.000 NE
Niacin B3	0.177 mg
Pyridoxine B6	0.040 mg
Cobalamin B12	0.230 mcg
Pantothenic Acid	0.060 mg
Vitamin C	14.139 mg
Folic Acid	87.110 mcg

Minerals	
Phosphorus	141.976 mg
Zinc	0.942 mg
Magnesium	9.033 mg
Copper	0.010 mg
Selenium	0.000 mg
Iron	2.695 mg
Calcium	276.133 mg
Manganese	0.018 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

