

RECIPE ANALYSIS

Recipe Name : E-61
Serving Size : 1/2 sandwich

Recipe Desc : Spicy Thai Chicken Wrap
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1/2 sandwich		
Amount Per Serving		
Calories 345.10	Calories from Fat 36.00	
% Daily Value		
Total Fat	4.00 g	6%
Saturated	1.56 g	8%
PolyUnSat	0.71 g	n/a
MonoUnSat	0.62 g	n/a
Cholesterol	22.12 mg	7%
Sodium	296.94 mg	12%
Potassium	166.81 mg	5%
Total Carbs	56.72 g	19%
Dietary Fiber	1.65 g	7%
Sugars	5.36 g	n/a
Protein	19.89 g	
Vitamin A - 14%	Vitamin C - 11%	
Calcium - 7%	Iron - 16%	
Vitamin E - n/a	Thiamin - 26%	
Riboflavin - 9%	Niacin - 11%	
Vitamin B6 - 0%	Folic Acid - 30%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 1%	
Zinc - 1%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	0.128 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	718.008 IU
Vitamin A	143.603 RE

Water Soluble Vitamins	
Thiamin B1	0.386 mg
Riboflavin B2	0.152 mg
Niacin B3	n/a
Niacin B3	2.200 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.009 mg
Vitamin C	6.622 mg
Folic Acid	120.724 mcg

Minerals	
Phosphorus	43.573 mg
Zinc	0.102 mg
Magnesium	2.975 mg
Copper	0.013 mg
Selenium	0.000 mg
Iron	2.953 mg
Calcium	71.698 mg
Manganese	0.046 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

