

RECIPE ANALYSIS

Recipe Name : E-55
Serving Size : 6 oz.

Recipe Desc : Stromboli
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 467.65	Calories from Fat 306.20	
	% Daily Value	
Total Fat	34.02 g	52%
Saturated	15.09 g	75%
PolyUnSat	1.96 g	n/a
MonoUnSat	10.73 g	n/a
Cholesterol	90.53 mg	30%
Sodium	1450.57 mg	60%
Potassium	163.10 mg	5%
Total Carbs	14.41 g	5%
Dietary Fiber	1.68 g	7%
Sugars	4.51 g	n/a
Protein	24.79 g	
Vitamin A - 24%	Vitamin C - 19%	
Calcium - 32%	Iron - 11%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 10%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 22%	Magnesium - 3%	
Zinc - 7%	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	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	1222.717 IU
Vitamin A	244.546 RE

Water Soluble Vitamins	
Thiamin B1	0.075 mg
Riboflavin B2	0.167 mg
Niacin B3	n/a
Niacin B3	0.537 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	11.666 mg
Folic Acid	12.694 mcg

Minerals	
Phosphorus	221.555 mg
Zinc	1.076 mg
Magnesium	10.203 mg
Copper	0.013 mg
Selenium	0.000 mg
Iron	1.917 mg
Calcium	322.716 mg
Manganese	0.000 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

