

RECIPE ANALYSIS

Recipe Name : E-54
Serving Size : 1/8 Loaf

Recipe Desc : Stuffed Focaccia Bread
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1/8 Loaf		
Amount Per Serving		
Calories 259.89	Calories from Fat 61.79	
	% Daily Value	
Total Fat	6.87 g	11%
Saturated	2.72 g	14%
PolyUnSat	0.36 g	n/a
MonoUnSat	0.44 g	n/a
Cholesterol	16.93 mg	6%
Sodium	664.43 mg	28%
Potassium	62.30 mg	2%
Total Carbs	33.17 g	11%
Dietary Fiber	2.82 g	11%
Sugars	2.02 g	n/a
Protein	13.76 g	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 14%	Iron - 6%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 4%	Niacin - 0%	
Vitamin B6 - n/a	Folic Acid - n/a	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 2%	Copper - n/a	
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	n/a
Vitamin A	97.713 IU
Vitamin A	19.543 RE

Water Soluble Vitamins	
Thiamin B1	0.019 mg
Riboflavin B2	0.062 mg
Niacin B3	n/a
Niacin B3	0.023 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.000 mg
Folic Acid	n/a

Minerals	
Phosphorus	0.000 mg
Zinc	0.269 mg
Magnesium	2.905 mg
Copper	n/a
Selenium	n/a
Iron	1.055 mg
Calcium	138.159 mg
Manganese	n/a
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

