

RECIPE ANALYSIS

Recipe Name : E-27
Serving Size : 1 sandwich

Recipe Desc : Teriyaki Wrap
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 465.56	Calories from Fat 84.67	
% Daily Value		
Total Fat	9.41 g	14%
Saturated	1.19 g	6%
PolyUnSat	0.55 g	n/a
MonoUnSat	1.87 g	n/a
Cholesterol	51.36 mg	17%
Sodium	876.16 mg	37%
Potassium	323.86 mg	9%
Total Carbs	63.66 g	21%
Dietary Fiber	3.50 g	14%
Sugars	5.34 g	n/a
Protein	29.89 g	
Vitamin A - 31%	Vitamin C - 46%	
Calcium - 10%	Iron - 23%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 5%	Niacin - 50%	
Vitamin B6 - 26%	Folic Acid - 8%	
Vitamin B12 - 6%	Pantothenic Acid - 8%	
Phosphorous - 28%	Magnesium - 3%	
Zinc - 5%	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	0.272 mcg
Vitamin D	10.692 IU
Vitamin E	0.005 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	1.058 mcg
Vitamin A	1569.142 IU
Vitamin A	279.255 RE

Water Soluble Vitamins	
Thiamin B1	0.145 mg
Riboflavin B2	0.093 mg
Niacin B3	n/a
Niacin B3	10.046 mg
Pyridoxine B6	0.516 mg
Cobalamin B12	0.340 mcg
Pantothenic Acid	0.761 mg
Vitamin C	27.738 mg
Folic Acid	33.295 mcg

Minerals	
Phosphorus	276.487 mg
Zinc	0.784 mg
Magnesium	11.071 mg
Copper	0.026 mg
Selenium	0.006 mg
Iron	4.094 mg
Calcium	100.360 mg
Manganese	0.056 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

