

# RECIPE ANALYSIS

Recipe Name : E-40  
Serving Size : 4oz chix+bun

Recipe Desc : Tex-Mex Chicken Breast Sand  
Prep Time :

Author :  
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 4oz chix+bun		
Amount Per Serving		
<b>Calories 407.48</b>	<b>Calories from Fat 61.61</b>	
% Daily Value		
<b>Total Fat</b>	<b>6.85 g</b>	<b>11%</b>
Saturated	0.92 g	5%
PolyUnSat	0.84 g	n/a
MonoUnSat	1.03 g	n/a
<b>Cholesterol</b>	<b>52.84 mg</b>	<b>18%</b>
<b>Sodium</b>	<b>1010.23 mg</b>	<b>42%</b>
<b>Potassium</b>	<b>530.83 mg</b>	<b>15%</b>
<b>Total Carbs</b>	<b>58.04 g</b>	<b>19%</b>
Dietary Fiber	6.03 g	24%
Sugars	11.03 g	n/a
<b>Protein</b>	<b>29.40 g</b>	
Vitamin A - 78%	Vitamin C - 130%	
Calcium - 8%	Iron - 22%	
Vitamin E - n/a	Thiamin - 40%	
Riboflavin - 24%	Niacin - 69%	
Vitamin B6 - 36%	Folic Acid - 23%	
Vitamin B12 - 6%	Pantothenic Acid - 8%	
Phosphorous - 38%	Magnesium - 3%	
Zinc - 9%	Copper - 2%	
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	0.280 mcg
Vitamin D	11.000 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.201 alp
Vitamin K	67.018 mcg
Vitamin A	3899.267 IU
Vitamin A	779.853 RE

Water Soluble Vitamins	
Thiamin B1	0.599 mg
Riboflavin B2	0.405 mg
Niacin B3	n/a
Niacin B3	13.890 mg
Pyridoxine B6	0.711 mg
Cobalamin B12	0.350 mcg
Pantothenic Acid	0.801 mg
Vitamin C	77.973 mg
Folic Acid	91.122 mcg

Minerals	
Phosphorus	381.949 mg
Zinc	1.420 mg
Magnesium	10.520 mg
Copper	0.043 mg
Selenium	0.202 mg
Iron	3.934 mg
Calcium	75.309 mg
Manganese	0.156 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**

