

RECIPE ANALYSIS

Recipe Name : E-45
Serving Size : 1 EACH

Recipe Desc : Tuna Melt
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 265.68	Calories from Fat 71.33	
% Daily Value		
Total Fat	7.93 g	12%
Saturated	4.39 g	22%
PolyUnSat	0.45 g	n/a
MonoUnSat	0.18 g	n/a
Cholesterol	45.71 mg	15%
Sodium	806.81 mg	34%
Potassium	219.07 mg	6%
Total Carbs	29.52 g	10%
Dietary Fiber	1.42 g	6%
Sugars	4.16 g	n/a
Protein	19.53 g	
Vitamin A - 10%	Vitamin C - 7%	
Calcium - 19%	Iron - 10%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 11%	Niacin - 13%	
Vitamin B6 - 0%	Folic Acid - 13%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 0%	
Zinc - 0%	Copper - 0%	
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	1.078 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	3.988 mcg
Vitamin A	502.443 IU
Vitamin A	100.491 RE

Water Soluble Vitamins	
Thiamin B1	0.333 mg
Riboflavin B2	0.188 mg
Niacin B3	n/a
Niacin B3	2.543 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.329 mg
Folic Acid	50.280 mcg

Minerals	
Phosphorus	44.024 mg
Zinc	0.018 mg
Magnesium	1.482 mg
Copper	0.005 mg
Selenium	0.054 mg
Iron	1.873 mg
Calcium	194.859 mg
Manganese	0.013 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

