

RECIPE ANALYSIS

Recipe Name : E-52
Serving Size : 1 sandwich

Recipe Desc : Turkey Club
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 908.96	Calories from Fat 322.74	
	% Daily Value	
Total Fat	35.86 g	55%
Saturated	13.13 g	66%
PolyUnSat	2.75 g	n/a
MonoUnSat	2.58 g	n/a
Cholesterol	98.62 mg	33%
Sodium	3032.00 mg	126%
Potassium	282.01 mg	8%
Total Carbs	87.94 g	29%
Dietary Fiber	3.48 g	14%
Sugars	8.42 g	n/a
Protein	49.02 g	
Vitamin A - 34%	Vitamin C - 21%	
Calcium - 8%	Iron - 28%	
Vitamin E - n/a	Thiamin - 57%	
Riboflavin - 31%	Niacin - 31%	
Vitamin B6 - 1%	Folic Acid - 47%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 12%	Magnesium - 1%	
Zinc - 5%	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	0.000 mcg
Vitamin D	0.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	32.809 mcg
Vitamin A	1721.321 IU
Vitamin A	344.264 RE

Water Soluble Vitamins	
Thiamin B1	0.856 mg
Riboflavin B2	0.526 mg
Niacin B3	n/a
Niacin B3	6.193 mg
Pyridoxine B6	0.016 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	12.423 mg
Folic Acid	189.269 mcg

Minerals	
Phosphorus	117.359 mg
Zinc	0.721 mg
Magnesium	2.625 mg
Copper	0.005 mg
Selenium	0.105 mg
Iron	4.967 mg
Calcium	76.634 mg
Manganese	0.047 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

