

RECIPE ANALYSIS

Recipe Name : E-72
Serving Size : 1/4th of loaf

Recipe Desc : Vegetarian Muffuletta
Prep Time :

Author :
Cook Time :

Yield : 24

Nutrition Information		
Serving Size: 1/4th of loaf		
Amount Per Serving		
Calories 521.25	Calories from Fat 150.61	
	% Daily Value	
Total Fat	16.73 g	26%
Saturated	6.79 g	34%
PolyUnSat	0.02 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	33.75 mg	11%
Sodium	2296.31 mg	96%
Potassium	92.57 mg	3%
Total Carbs	62.43 g	21%
Dietary Fiber	4.69 g	19%
Sugars	6.33 g	n/a
Protein	22.12 g	
Vitamin A - 36%	Vitamin C - 62%	
Calcium - 30%	Iron - 19%	
Vitamin E - n/a	Thiamin - 12%	
Riboflavin - 19%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 25%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 1%	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	n/a
Vitamin D	2.246 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin K	8.309 mcg
Vitamin A	1789.804 IU
Vitamin A	357.961 RE

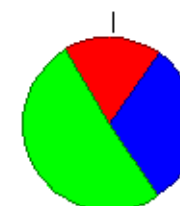
Water Soluble Vitamins	
Thiamin B1	0.186 mg
Riboflavin B2	0.329 mg
Niacin B3	n/a
Niacin B3	0.090 mg
Pyridoxine B6	0.014 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	36.995 mg
Folic Acid	99.205 mcg

Minerals	
Phosphorus	6.737 mg
Zinc	0.086 mg
Magnesium	3.088 mg
Copper	0.011 mg
Selenium	0.112 mg
Iron	3.459 mg
Calcium	299.856 mg
Manganese	0.028 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.