

RECIPE ANALYSIS

Recipe Name : G-35
Serving Size : 1 sandwich

Recipe Desc : Vegetable Croissant
Prep Time :

Author :
Cook Time :

Yield : 25

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 696.33	Calories from Fat 481.47	
	% Daily Value	
Total Fat	53.50 g	82%
Saturated	31.90 g	160%
PolyUnSat	0.00 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	123.63 mg	41%
Sodium	1833.23 mg	76%
Potassium	88.64 mg	3%
Total Carbs	29.58 g	10%
Dietary Fiber	1.01 g	4%
Sugars	6.90 g	n/a
Protein	31.98 g	
Vitamin A - 44%	Vitamin C - 13%	
Calcium - 89%	Iron - 7%	
Vitamin E - n/a	Thiamin - 20%	
Riboflavin - 10%	Niacin - 10%	
Vitamin B6 - 0%	Folic Acid - 15%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	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	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.002 alp
Vitamin K	5.680 mcg
Vitamin A	2180.717 IU
Vitamin A	436.141 RE

Water Soluble Vitamins	
Thiamin B1	0.303 mg
Riboflavin B2	0.173 mg
Niacin B3	n/a
Niacin B3	2.015 mg
Pyridoxine B6	0.004 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.010 mg
Vitamin C	7.626 mg
Folic Acid	61.120 mcg

Minerals	
Phosphorus	1.760 mg
Zinc	0.013 mg
Magnesium	0.960 mg
Copper	0.002 mg
Selenium	0.016 mg
Iron	1.243 mg
Calcium	887.216 mg
Manganese	0.010 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

