

RECIPE ANALYSIS

Recipe Name : G-67
Serving Size : 1 Patty,1 Bun

Recipe Desc : Vegetarian Garden Patty Burger Author :
Prep Time : Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 Patty,1 Bun		
Amount Per Serving		
Calories 290.00	Calories from Fat 49.50	
% Daily Value		
Total Fat	5.50 g	8%
Saturated	0.50 g	2%
PolyUnSat	2.00 g	n/a
MonoUnSat	1.00 g	n/a
Cholesterol	0.00 mg	0%
Sodium	800.00 mg	33%
Potassium	270.00 mg	8%
Total Carbs	40.00 g	13%
Dietary Fiber	7.00 g	28%
Sugars	5.00 g	n/a
Protein	21.00 g	
Vitamin A - 6%	Vitamin C - 0%	
Calcium - 14%	Iron - 14%	
Vitamin E - n/a	Thiamin - 15%	
Riboflavin - 8%	Niacin - 10%	
Vitamin B6 - n/a	Folic Acid - 8%	
Vitamin B12 - n/a	Pantothenic Acid - n/a	
Phosphorous - 0%	Magnesium - n/a	
Zinc - n/a	Copper - n/a	
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	n/a
Vitamin K	n/a
Vitamin A	299.000 IU
Vitamin A	59.800 RE

Water Soluble Vitamins	
Thiamin B1	0.230 mg
Riboflavin B2	0.140 mg
Niacin B3	n/a
Niacin B3	2.000 mg
Pyridoxine B6	n/a
Cobalamin B12	n/a
Pantothenic Acid	n/a
Vitamin C	0.000 mg
Folic Acid	32.000 mcg

Minerals	
Phosphorus	0.000 mg
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Iron	2.540 mg
Calcium	141.000 mg
Manganese	n/a
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

