

RECIPE ANALYSIS

Recipe Name : G-53
Serving Size : 1 Sub

Recipe Desc : Vegetarian Sub Sandwich
Prep Time :

Author :
Cook Time :

Yield : 48

Nutrition Information		
Serving Size: 1 Sub		
Amount Per Serving		
Calories 332.95	Calories from Fat 67.15	
% Daily Value		
Total Fat	7.46 g	11%
Saturated	3.73 g	19%
PolyUnSat	0.54 g	n/a
MonoUnSat	1.30 g	n/a
Cholesterol	16.53 mg	6%
Sodium	651.55 mg	27%
Potassium	440.40 mg	13%
Total Carbs	51.06 g	17%
Dietary Fiber	5.16 g	21%
Sugars	4.60 g	n/a
Protein	16.85 g	
Vitamin A - 18%	Vitamin C - 63%	
Calcium - 30%	Iron - 19%	
Vitamin E - n/a	Thiamin - 37%	
Riboflavin - 24%	Niacin - 24%	
Vitamin B6 - 11%	Folic Acid - 22%	
Vitamin B12 - 0%	Pantothenic Acid - 3%	
Phosphorous - 23%	Magnesium - 5%	
Zinc - 10%	Copper - 5%	
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	0.269 mcg
Vitamin D	10.773 IU
Vitamin E	0.000 mg
Vitamin E	0.002 IU
Vitamin E	0.279 alp
Vitamin K	2.107 mcg
Vitamin A	879.244 IU
Vitamin A	153.646 RE

Water Soluble Vitamins	
Thiamin B1	0.551 mg
Riboflavin B2	0.403 mg
Niacin B3	n/a
Niacin B3	4.870 mg
Pyridoxine B6	0.230 mg
Cobalamin B12	0.006 mcg
Pantothenic Acid	0.310 mg
Vitamin C	37.802 mg
Folic Acid	89.729 mcg

Minerals	
Phosphorus	227.080 mg
Zinc	1.552 mg
Magnesium	18.645 mg
Copper	0.109 mg
Selenium	1.256 mg
Iron	3.485 mg
Calcium	296.340 mg
Manganese	0.136 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

