

RECIPE ANALYSIS

Recipe Name : G-66
Serving Size : 1 sandwich

Recipe Desc : Veggie Pita
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 sandwich		
Amount Per Serving		
Calories 197.01	Calories from Fat 14.91	
% Daily Value		
Total Fat	1.66 g	3%
Saturated	0.34 g	2%
PolyUnSat	0.53 g	n/a
MonoUnSat	0.20 g	n/a
Cholesterol	0.00 mg	0%
Sodium	393.21 mg	16%
Potassium	162.57 mg	5%
Total Carbs	39.17 g	13%
Dietary Fiber	2.58 g	10%
Sugars	2.46 g	n/a
Protein	7.26 g	
Vitamin A - 36%	Vitamin C - 21%	
Calcium - 7%	Iron - 17%	
Vitamin E - n/a	Thiamin - 22%	
Riboflavin - 16%	Niacin - 15%	
Vitamin B6 - 3%	Folic Acid - 41%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 3%	Magnesium - 5%	
Zinc - 1%	Copper - 2%	
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	0.000 mg
Vitamin E	n/a
Vitamin E	0.010 alp
Vitamin K	4.483 mcg
Vitamin A	1823.307 IU
Vitamin A	216.062 RE

Water Soluble Vitamins	
Thiamin B1	0.328 mg
Riboflavin B2	0.270 mg
Niacin B3	n/a
Niacin B3	2.982 mg
Pyridoxine B6	0.068 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.094 mg
Vitamin C	12.551 mg
Folic Acid	162.194 mcg

Minerals	
Phosphorus	29.479 mg
Zinc	0.204 mg
Magnesium	20.356 mg
Copper	0.043 mg
Selenium	n/a
Iron	3.105 mg
Calcium	70.393 mg
Manganese	0.202 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

