



# Abe's Turkey Sandwich

**Nutrient Analysis**  
Source: Custom

Yield: 1 (1.000 serving(s))  
No. Ingredients: 5

Category: Combination Food, Sandwich  
Manufacturer: (None)

**Nutrient Goal Template:**  
DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	225.923	g		
Kilocalories	407.763	kcal	2000.000	20 %
Protein	43.764	g	50.000	88 %
Carbohydrate	23.745	g	300.000	8 %
Fat, Total	14.570	g	65.000	22 %
Alcohol	0.000	g		
Cholesterol	101.492	mg	300.000	34 %
Saturated Fat	7.052	g	20.000	35 %
Monounsaturated Fat	3.891	g		
Polyunsaturated Fat	2.035	g		
MFA 18:1, Oleic	3.351	g		
PFA 18:2, Linoleic	1.558	g		
PFA 18:3, Linolenic	0.170	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.040	g		
Trans Fatty Acid	0.415	g		
Sodium	368.826	mg	2400.000	15 %
Potassium	543.915	mg	3500.000	16 %
Vitamin A (RE)	297.337	RE		
Vitamin A (IU)	2502.686	IU	5000.000	50 %
Vitamin A (RAE)	175.663	µg		
Beta-Carotene	1370.213	µg		
Alpha-Carotene	20.200	µg		
Lutein (+ Zeaxanthin)	553.046	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	514.600	µg		
Vitamin C	7.643	mg	60.000	13 %
Calcium	314.761	mg	1000.000	31 %
Iron	3.336	mg	18.000	19 %
Vitamin D (ug)	0.312	µg	10.000	3 %
Vitamin D (IU)	12.474	IU	400.000	3 %
Vitamin E (mg)			20.000	
Vitamin E (IU)			30.000	
Alpha-Tocopherol	0.881	mg		
Thiamin	0.283	mg	1.500	19 %
Riboflavin	0.399	mg	1.700	23 %
Niacin	8.009	mg	20.000	40 %
Pyridoxine (Vitamin B6)	0.626	mg	2.000	31 %
Folate (Total)	47.419	µg	400.000	12 %
Folate (DFE)	47.419	µg		
Cobalamin (Vitamin B12)	1.315	µg	6.000	22 %
Biotin	4.787	µg	300.000	2 %
Pantothenic Acid	1.456	mg	10.000	15 %
Vitamin K	59.075	µg	80.000	74 %

Nutrient	Value	Unit	Goal	%
Phosphorus	486.113	mg	1000.000	49 %
Iodine		µg	150.000	
Magnesium	83.457	mg	400.000	21 %
Zinc	5.298	mg	15.000	35 %
Copper	0.314	mg	2.000	16 %
Manganese	1.183	mg	2.000	59 %
Selenium	61.994	µg	70.000	89 %
Fluoride	49.514	µg		
Chromium	0.044	mg	0.120	37 %
Molybdenum	1.801	µg	75.000	2 %
Dietary Fiber, Total	4.009	g	25.000	16 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	1.089	g		
Sugar, Total	3.906	g		
Glucose	1.288	g		
Galactose	0.000	g		
Fructose	1.396	g		
Sucrose	0.040	g		
Lactose	0.017	g		
Maltose	0.376	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	488.851	mg		
Threonine	1686.778	mg		
Isoleucine	2074.817	mg		
Leucine	3363.142	mg		
Lysine	3577.616	mg		
Methionine	1111.410	mg		
Cystine	452.683	mg		
Phenylalanine	1780.134	mg		
Tyrosine	1719.342	mg		
Valine	2294.766	mg		
Arginine	2441.260	mg		
Histidine	1280.362	mg		
Alanine	2176.307	mg		
Aspartic Acid	3473.970	mg		
Glutamic Acid	7335.241	mg		
Glycine	1713.692	mg		
Proline	2547.254	mg		
Serine	1900.075	mg		
Moisture	140.042	g		
Ash	4.012	g		
Caffeine	0.000	mg		

## Percentage of Kcals

Protein	43.6%
Carbohydrate	23.7%
Fat, total	32.7%
Alcohol	0.0%