

RECIPE ANALYSIS

Recipe Name : H-58
Serving Size : 1 EACH

Recipe Desc : Beef Barley Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 93.71	Calories from Fat 27.05	
% Daily Value		
Total Fat	3.01 g	5%
Saturated	1.40 g	7%
PolyUnSat	0.03 g	n/a
MonoUnSat	0.01 g	n/a
Cholesterol	18.94 mg	6%
Sodium	239.41 mg	10%
Potassium	100.81 mg	3%
Total Carbs	7.83 g	3%
Dietary Fiber	1.79 g	7%
Sugars	1.45 g	n/a
Protein	7.18 g	
Vitamin A - 34%	Vitamin C - 4%	
Calcium - 2%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 1%	Niacin - 1%	
Vitamin B6 - 2%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 2%	
Zinc - 1%	Copper - 1%	
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	0.000 mcg
Vitamin D	1.078 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	5.836 mcg
Vitamin A	1699.580 IU
Vitamin A	339.906 RE

Water Soluble Vitamins	
Thiamin B1	0.018 mg
Riboflavin B2	0.019 mg
Niacin B3	n/a
Niacin B3	0.188 mg
Pyridoxine B6	0.046 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	2.105 mg
Folic Acid	7.402 mcg

Minerals	
Phosphorus	11.675 mg
Zinc	0.149 mg
Magnesium	6.742 mg
Copper	0.012 mg
Selenium	0.065 mg
Iron	0.231 mg
Calcium	19.900 mg
Manganese	0.050 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

