

RECIPE ANALYSIS

Recipe Name : H-65
Serving Size : 6 oz.

Recipe Desc : Beef Orzo Soup
Prep Time :

Author :
Cook Time :

Yield : 50

| Nutrition Information | | |
|---|--------------------------------|-----------|
| Serving Size: 6 oz. | | |
| Amount Per Serving | | |
| Calories 84.32 | Calories from Fat 19.35 | |
| % Daily Value | | |
| Total Fat | 2.15 g | 3% |
| Saturated | 0.84 g | 4% |
| PolyUnSat | 0.14 g | n/a |
| MonoUnSat | 0.94 g | n/a |
| Cholesterol | 6.26 mg | 2% |
| Sodium | 212.71 mg | 9% |
| Potassium | 107.73 mg | 3% |
| Total Carbs | 12.47 g | 4% |
| Dietary Fiber | 1.13 g | 5% |
| Sugars | 0.97 g | n/a |
| Protein | 3.79 g | |
| Vitamin A - 11% | Vitamin C - 11% | |
| Calcium - 2% | Iron - 5% | |
| Vitamin E - n/a | Thiamin - 8% | |
| Riboflavin - 4% | Niacin - 6% | |
| Vitamin B6 - 3% | Folic Acid - 6% | |
| Vitamin B12 - 4% | Pantothenic Acid - 0% | |
| Phosphorous - 3% | Magnesium - 1% | |
| Zinc - 3% | 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 | 0.022 mcg |
| Vitamin D | 0.856 IU |
| Vitamin E | 0.061 mg |
| Vitamin E | n/a |
| Vitamin E | 0.061 alp |
| Vitamin K | 0.043 mcg |
| Vitamin A | 574.441 IU |
| Vitamin A | 114.847 RE |

| Water Soluble Vitamins | |
|------------------------|------------|
| Thiamin B1 | 0.115 mg |
| Riboflavin B2 | 0.061 mg |
| Niacin B3 | n/a |
| Niacin B3 | 1.188 mg |
| Pyridoxine B6 | 0.061 mg |
| Cobalamin B12 | 0.260 mcg |
| Pantothenic Acid | 0.000 mg |
| Vitamin C | 6.422 mg |
| Folic Acid | 25.778 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 32.168 mg |
| Zinc | 0.457 mg |
| Magnesium | 2.824 mg |
| Copper | 0.022 mg |
| Selenium | 1.270 mg |
| Iron | 0.910 mg |
| Calcium | 19.480 mg |
| Manganese | 0.016 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 |

