

RECIPE ANALYSIS

Recipe Name : H-66
Serving Size : 6 oz.

Recipe Desc : Beefy Macaroni Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz.		
Amount Per Serving		
Calories 67.49	Calories from Fat 18.70	
% Daily Value		
Total Fat	2.08 g	3%
Saturated	0.83 g	4%
PolyUnSat	0.11 g	n/a
MonoUnSat	0.93 g	n/a
Cholesterol	6.26 mg	2%
Sodium	212.71 mg	9%
Potassium	100.38 mg	3%
Total Carbs	9.09 g	3%
Dietary Fiber	0.97 g	4%
Sugars	0.73 g	n/a
Protein	3.22 g	
Vitamin A - 11%	Vitamin C - 11%	
Calcium - 2%	Iron - 4%	
Vitamin E - n/a	Thiamin - 5%	
Riboflavin - 2%	Niacin - 4%	
Vitamin B6 - 3%	Folic Acid - 3%	
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		

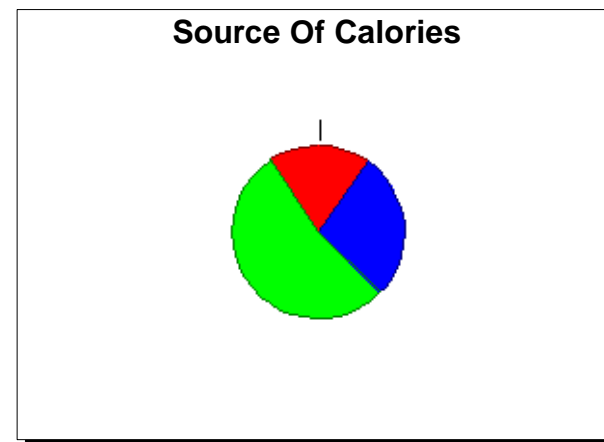
Fat Soluble Vitamins	
Vitamin D	0.022 mcg
Vitamin D	0.856 IU
Vitamin E	0.061 mg
Vitamin E	n/a
Vitamin E	0.061 alp
Vitamin K	0.043 mcg
Vitamin A	574.441 IU
Vitamin A	114.847 RE

Water Soluble Vitamins	
Thiamin B1	0.068 mg
Riboflavin B2	0.041 mg
Niacin B3	n/a
Niacin B3	0.847 mg
Pyridoxine B6	0.056 mg
Cobalamin B12	0.260 mcg
Pantothenic Acid	0.000 mg
Vitamin C	6.422 mg
Folic Acid	13.168 mcg

Minerals	
Phosphorus	25.364 mg
Zinc	0.402 mg
Magnesium	2.792 mg
Copper	0.011 mg
Selenium	1.270 mg
Iron	0.734 mg
Calcium	18.663 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.