

RECIPE ANALYSIS

Recipe Name : H-61
Serving Size : 1 EACH

Recipe Desc : Bistro Broccoli & Ham Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 184.33	Calories from Fat 84.47	
	% Daily Value	
Total Fat	9.39 g	14%
Saturated	2.20 g	11%
PolyUnSat	2.17 g	n/a
MonoUnSat	0.31 g	n/a
Cholesterol	20.11 mg	7%
Sodium	1212.55 mg	51%
Potassium	28.70 mg	1%
Total Carbs	14.28 g	5%
Dietary Fiber	1.43 g	6%
Sugars	5.89 g	n/a
Protein	10.98 g	
Vitamin A - 30%	Vitamin C - 28%	
Calcium - 9%	Iron - 4%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 0%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 0%	Copper - 0%	
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	24.056 IU
Vitamin E	0.001 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.259 mcg
Vitamin A	1476.903 IU
Vitamin A	295.382 RE

Water Soluble Vitamins	
Thiamin B1	0.006 mg
Riboflavin B2	0.005 mg
Niacin B3	n/a
Niacin B3	0.081 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	16.966 mg
Folic Acid	1.741 mcg

Minerals	
Phosphorus	3.226 mg
Zinc	0.067 mg
Magnesium	2.451 mg
Copper	0.004 mg
Selenium	0.009 mg
Iron	0.672 mg
Calcium	92.962 mg
Manganese	0.013 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



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.