

RECIPE ANALYSIS

Recipe Name : H-74
Serving Size : 1 EACH

Recipe Desc : Black Bean Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 66.08	Calories from Fat 13.19	
% Daily Value		
Total Fat	1.47 g	2%
Saturated	0.08 g	0%
PolyUnSat	0.41 g	n/a
MonoUnSat	0.65 g	n/a
Cholesterol	0.03 mg	0%
Sodium	625.63 mg	26%
Potassium	47.59 mg	1%
Total Carbs	8.13 g	3%
Dietary Fiber	1.99 g	8%
Sugars	1.30 g	n/a
Protein	2.18 g	
Vitamin A - 11%	Vitamin C - 35%	
Calcium - 2%	Iron - 4%	
Vitamin E - n/a	Thiamin - 0%	
Riboflavin - 1%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	n/a
Vitamin D	0.269 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	1.459 mcg
Vitamin A	571.473 IU
Vitamin A	114.295 RE

Water Soluble Vitamins	
Thiamin B1	0.005 mg
Riboflavin B2	0.011 mg
Niacin B3	n/a
Niacin B3	0.062 mg
Pyridoxine B6	0.021 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.008 mg
Vitamin C	20.923 mg
Folic Acid	2.236 mcg

Minerals	
Phosphorus	5.945 mg
Zinc	0.110 mg
Magnesium	5.742 mg
Copper	0.010 mg
Selenium	0.016 mg
Iron	0.780 mg
Calcium	21.449 mg
Manganese	0.132 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

