

RECIPE ANALYSIS

Recipe Name : H-54
Serving Size : 1 EACH

Recipe Desc : Broccoli Cheese Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 1 each		
Amount Per Serving		
Calories 224.64	Calories from Fat 134.33	
% Daily Value		
Total Fat	14.93 g	23%
Saturated	7.20 g	36%
PolyUnSat	1.25 g	n/a
MonoUnSat	0.06 g	n/a
Cholesterol	32.88 mg	11%
Sodium	553.81 mg	23%
Potassium	19.27 mg	1%
Total Carbs	14.17 g	5%
Dietary Fiber	1.06 g	4%
Sugars	6.84 g	n/a
Protein	10.85 g	
Vitamin A - 32%	Vitamin C - 26%	
Calcium - 31%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 3%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 0%	
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	48.000 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	0.021 mcg
Vitamin A	1602.795 IU
Vitamin A	320.551 RE

Water Soluble Vitamins	
Thiamin B1	0.046 mg
Riboflavin B2	0.029 mg
Niacin B3	n/a
Niacin B3	0.365 mg
Pyridoxine B6	0.009 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	15.683 mg
Folic Acid	10.206 mcg

Minerals	
Phosphorus	8.804 mg
Zinc	0.028 mg
Magnesium	1.143 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.476 mg
Calcium	310.880 mg
Manganese	0.007 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

